BBC

# good food

Middle East

March 2015
DHS15 | QR15

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## Terrific treats for *Mother's Day*

# *Eat right, save the planet!*

Sustainable seafood ✶ Seasonal ingredients ✶ Local produce

SPECIAL FEATURE

THE 2014 BBC GOOD FOOD ME AWARDS

EXCLUSIVE

One-on-one with Jean-Georges Vongerichten ahead of his Dubai restaurant opening

## Plus:



Delicious Easter menu



Europe for foodies

CPI MEDIA GROUP

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BBC goodfood Middle East

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PRINTED BY
Emirates Printing Press LLC, Dubai

PUBLISHED BY
CPI MEDIA GROUP

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Editor's photograph shot at STU WILLIAMSON PHOTOGRAPHY (04-348 8527) | Makeup by CLARINS

# Welcome!



Whether it's the heartwarmingly encouraging response we got from fellow media members and bloggers, and the industry, when we announced one of the new categories for last year's awards for Best sustainable restaurant, or the number of local markets that seem to have popped up in recent months (find out where to find them in our *Market watch* feature on p93) – there is no denying the fact that it is no mere fad. Sustainability is now an integral part of the food conversation here. And the conversation continues in this, our annual Sustainability issue, where we show you how to cook and eat with lesser known local fish (*Fresh catch*, p60), make the most of seasonal citrus fruits in sweet and savoury dishes (*Citrus sunshine*, p66), and also educate on how farming practices, and even our everyday food choices, can affect a global water scarcity situation (*More crop per drop*, p91).

This is also the issue in which we showcase all the winners from our annual awards. Assistant editor Nicola has spent the last few weeks getting each and every one of them to pose for us, horsing around in front of the camera, and bringing the excitement of their wins to life through a series of photographs – see the fun results in our 30-page Awards Special coverage, p19.

We also caught über chef Jean-Georges Vongerichten on a whirlwind trip to Dubai as he was busy putting the finishing touches to his new restaurant set to open next month, read his exclusive interview on p86 (*A Frenchman in New York – and Dubai!*). Plus, with yummy treats that say "I love you, mom!" better than anything else (*Mother's pride*, p80), and a tempting Easter menu from TV chef James Martin (*James Martin's Easter lunch*, p76) that screams "let's gather round the table and tuck in!", so you can start planning your Easter spread in good time, there's plenty to inspire this month.

Enjoy the food, and the food for thought!

*Sudeshna*

## Editor's picks



I'm heart-ing this lovely farmhouse-style crockery! p11



I've been bringing my breakfast smoothies and juices to work in these fun, functional Lifefactory bottles, p65



I find shopping at a farmer's market good for the tummy and for the soul too! P93

BBC goodfood Middle East

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## Meet our Editorial Panel

**The exclusive group of experts who are part of the *BBC Good Food ME* family:**



**Uwe Micheel** A veteran chef, Uwe has been cooking since he was 12, and in the interim 30 odd years, he has picked up numerous awards, and has been serving as President of the Emirates Culinary Guild since 1999. A member of several international chef's groups, he is one of the UAE's most respected culinary personalities.



**Kate Fisher** is a highly qualified and experienced nutritionist who has been working in the UK and the Middle East with various hospitals and clinics since the 1980s. A trained microbiologist, and an Msc in Exercise and Nutrition Science, Kate has, among other things, set up a clinic in Harley Street, and worked with private clinics in UK and Dubai, as well as food brands, as a nutrition consultant.



**Danielle Nierenberg** President of Food Tank, a United Nations Food and Agriculture Organization-supported non-profit body focused on sustainable agriculture and food systems, Danielle is a world-renowned expert on food issues, and a widely published and quoted personality. Qualified in Agriculture, Food, and Environment from Tufts University, New York-based Danielle aims to build a global network to promote safe, healthy eating.



**Michael Kitts** The Director of Culinary Arts at the Emirates Academy of Hospitality Management has hung up his chef's whites, wearing which he had spent over 20 years working at various leading establishments in London and won numerous accolades, to turn mentor and teacher to young aspirants of the hospitality industry in the UAE's leading training centre.



**Marta Yanci** Founder of bespoke catering company Marta's Kitchen, and more recently, a boutique cafe in JLT, Marta's workshop, Marta is a self-taught chef who took her passion for good food and turned it into a career five years ago. Now a recognised face on the UAE culinary circuit, the former lawyer has appeared on TV in Dubai and her home country, Spain.

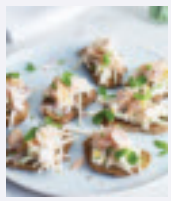


**Andy Campbell** A Scottish celebrity chef who now calls Dubai home, Andy has trained at Westminster College, and previously worked at various restaurants, including Michelin-starred ones, and also ran his own restaurant in London, before moving here to work as a private chef for exclusive events. He currently also consults with Arabian Health Care in Ras al Khaimah.

## Menu planner

Whip up a delicious meal with recipes from this issue

### Mother's Day family lunch



*Starter*
Smoked trout & radish remoulade tartines, p75



*Main course*
Sultan Ibrahim pot pie, p61



*Side*
Roasted carrot, spelt, fennel & blood orange salad, p68



*Dessert*
White chocolate & raspberry cake, p82

## Behind the scenes

Take a look at what the ***BBC Good Food ME*** team members got up to this month!



**Photographer Maksym Poriechkin perfects his shot at the *A fresh catch* feature shoot**

**Assistant editor Nicola caught up with Sanjeev Kapoor at the Dubai Food Carnival**

**Editorial assistant Adelle helping out with styling the Awards Special shoot at Lighthouse studio**

# Your say

We love to hear from you!

### THE RIGHT RECIPE




Loved the 'Hot stuff' article (*The Heat is on*, February 2015), and was so happy to see that somebody else loves chilli as much as I do. This Valentine's weekend, I gave the hidden heart cake (*Baked with love*, February 2015) a try, as it looked so unique. I'm going to make it again for my husband's birthday. I almost forgot, I also tried my new favourite – the fig jam toastie. Keep it up, you are so much more than a magazine.

*Dia*

### KITCHEN SOLUTION




I'm a huge fan of James Martin, and was stoked to see his feature in this month's issue (*My Kitchen: James Martin*, February 2015). Reading about his kitchen, and getting inspiration on the products he uses, has finally made me come to a decision about my new kitchen layout. Thanks for the help!

*Liz Chambers*

### LOVING THE WEBSITE!

I just went through your website and found interesting topics to read. I wanted to say, I really appreciate the well-presented and informative website, and that you all are knowledgeable to write up different topics.

*Jessica Samuel*

**Win!**

The winner of the Star Letter gets a **DHS1,000 SHOPPING VOUCHER FROM TAVOLA**, the leading retailer of European products and essential items for the kitchen. Tavola is a one-stop shop for bake ware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.



## Star Letter

### SO MUCH TO LEARN!




The toughest job is not finding an easy recipe, but finding a recipe in which the ingredients make sense to you. My wife collects many cookbooks and magazines and most of what I browse through come across as gibberish to me. A few days ago, I flipped through the February edition of your magazine and for a change, I could understand what was being talked about. I read through one recipe feature (*The heat is on*, February 2015) which was creative cooking with chillies, and I was pleasantly surprised to find an index showing the different types of chillies complete with pictures and characteristics described! No need to consult Google and Wikipedia, for a novice like me to understand what on earth a Scotch bonnet is or how hot a Thai Bird's eye chilli will be if used. Very impressive work indeed. Unlike other magazines that feed recipes and look the other way, you put in an effort to make sure your readers learn a thing or two and actually have no reason not to cook – bravo to that!

*Furqan Hassan Dossa*

### MORE TO CHERISH




I wait eagerly to see my monthly issues at my doorstep, and this time I was so delighted to see an additional supplement – the Signature Dish recipe book along with the February 2015 issue. It featured many delicious healthy recipes from renowned chefs. Thank you *BBC Good Food ME* for this additional supplement. I will treasure it, as I treasure all other magazines of yours. I love these little surprises that you deliver at my doorstep. I have tried few recipes and I loved the tortilla soup which was so delicious – my family could not resist a second helping. Hats off to all the chefs and the team for doing a fantastic job and coming up with new, simple and easy to follow nutritious, healthy recipes in your monthly issues. I now eagerly wait for next month's issue. Happy cooking and relishing!

*Hannah Joji*

## From our social media pages

- Amazing issue! Plenty of good recipes, tried several of them and my favourite was the gunpowder chicken and peanut without the red chillies as I don't like spicy food - yummy. Also would like to Thank you for the health update section, I have been eating healthy on a daily basis. The bowl of oatmeal with raw honey is magic and it makes you full for long time. Now waiting for the next issue to come. – *Ralph Joudet*
- Can't wait to plan my next vacation after reading the *Paradise Found* feature in this issue! – *Stella Thomas*

## TALK TO US!

**Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!**

You can also connect with us on social media!
Find us on:

**@bbcgoodfoodme**

**@bbcgoodfoodmiddleeast**

Or, you could write to us at:
**The Editor**, BBC Good Food Middle East.
Grosvenor Business Tower, Tecom, Office 804
PO Box 13700, Dubai, UAE.

Compiled by NICOLA MONTEATH | Photographs SUPPLIED, SHUTTERSTOCK

BBC goodfood Middle East

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# March 2015




## GOURMET LIFESTYLE


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## COMPETITIONS

WIN!

**107** A weekend stay at Park Rotana Abu Dhabi.
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## Our recipe descriptions

V Suitable for vegetarians
You can freeze it
Not suitable for freezing
Easy Simple recipes even beginners can make
A little effort These require a bit more skill and confidence – such as making pastry
More of a challenge Recipes aimed at experienced cooks
Low fat 12g or less per portion
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients
GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork
Contains alcohol

## Store Directory

Contact numbers for outlets featured in this issue

**Crate and Barrel:** 04-3990125
**Daiso:** 04-3882902
**H&M Home:** 04-3308327
**Home Centre:** 04-3414441
**Indigo Living:** 04-3466934
**Marina Home**: 04-3410314
**Organic Foods and Café:** 04-3617974
**Sauce Gifts:** 04-3883488
**Tavola:** 04-3402933
**Villeroy and Boch:** 04-3399676

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

# Foodie file

What's hot and happening in the culinary world, here and around the globe.



Tribeca Kitchen and Bar

## DINE IN THE CITY

**THREE FAB NEW RESTAURANTS TO CHECK OUT**

✳ Jumeirah at Etihad Towers has expanded its gourmet offerings with the launch of Ray's Grill (which replaces Quest), a contemporary restaurant specialising in steak cooked over a wood-flavoured charcoal grill. The menu features fennel smoked Wagyu for starters, and fine cuts of USDA Prime beef, Australian Mulwarra ribeye, and Irish John Stone beef sirloin. Call 02-8115666.

✳ Tribeca Kitchen and Bar at the Ocean View Hotel in JBR is the newest restaurant in town to have opened with a healthy, organic focus. Their farm-to-table concept fuses together American and Mediterranean cuisine – try the salmon fillet cooked in organic virgin coconut oil, and ravioli stuffed with beetroot and mascarpone with pea foam and sage butter! Call 04-4214123.

✳ Renowned Hollywood concept, Delphine restaurant and bar, has opened its doors at The H Dubai. Get a taste of Southern California at this chic venue, offering dishes like dry aged New York strip loin with truffle-cheese fries, in a plush setting featuring art-deco lights, marble, and velvet furnishing. Call 04-5018623.



## Fun for little ones

Get your children to slip on their running shoes and take part in the Etisalat Dubai Kid's Run – an event hosted under the patronage of HH Sheikha Al Jalila Bint Mohammed Bin Rashid Al Maktoum – on March 20 and 21 at the Dubai Media City Amphitheatre. Two two-kilometre races will be held for different age groups (four to eight, and eight to 12) around the venue, after which they can head to the fun fair to learn about the importance of healthy eating, exercise and wellness, meet with sports personalities, and enjoy fun activities. Dhs100 registration for the race, free entrance for the fun fair.
Visit etisalatkidsrun.com for more information.

## Come dine with me – and my chef!

**Planning a dinner party? Forget bringing the caterers in, now you can have your very own private chef cooking for you and your guests at your home, with Chef Xchange. An innovative online marketplace for foodies, the website lists a variety of chefs, from beginners and amateurs to professional chefs – including chefs working at restaurants, as well as independents – allowing you to book one of your choice for your next special occasion, whether it's a dinner for two, or a party for 50. Different cuisines and specialties are available, as well as varying price ranges. The Dubai-based start-up has international expansion plans on the cards too! Visit chefxchange.com.**

## DINING GONE DIGITAL

Paying for your meal with a credit card is so 2014! With Zomato's new Cashless feature on their mobile app, in partnership with Emirates NBD, you can now settle your bill straight from your smartphone. The bill is sent directly to the app on the diner's phone, and the money automatically gets deducted from the registered credit card – super convenient! Diners also get a 10 per cent discount on their first transaction, and the first 500 Emirates NBD customers who use the feature, get Dhs100 cashback. To find a list of participating restaurants, visit zomato.com/cashless.

Compiled by NICOLA MONTEATH | Photograps SUPPLIED, SHUTTERSTOCK.COM

## #What's trending

**#bonebroth**

**This nourishing nutrient-packed broth is being touted as the new savoury superfood to indulge in, especially during flu season! Bone broth is basically water simmered for hours with roasted bones of your preferred meat and vegetables. Celebrities and foodies on Twitter and Pinterest are posting about the health benefits of broth, which include reduction of joint pain and inflammation, good sleep, and improved gut health.**



Home

*"A chef is a mixture maybe of artistry and craft. You have to learn the craft really to get there."*

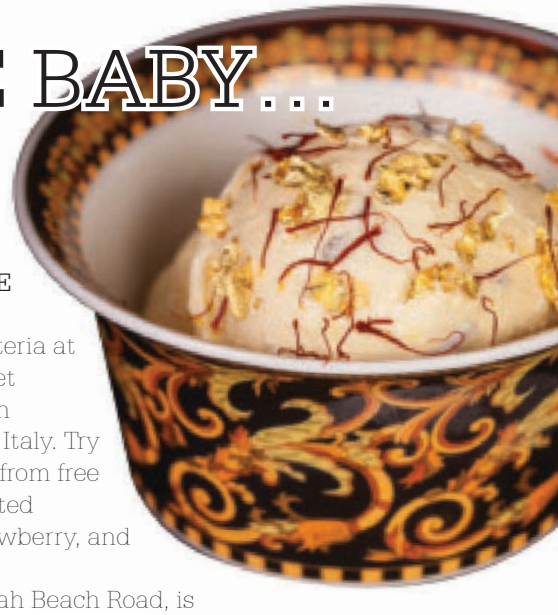
*– Celebrity chef and restaurateur Wolfgang Puck*



## This just in:

**Bring in the season with Villeroy & Boch's new Farmers Spring collection, featuring fresh, sunny hues and pretty pastoral prints, in everything from cake stands to tea cups and lots more. We adore!**

# ICE ICE BABY...



INNOVATIVE ICE CREAM PARLOURS AND GELATO SHOPS ARE POPPING UP ALL OVER TOWN. HERE ARE TWO TO TRY:

**Dri Dri,** the Italian Gelateria at The Beach serves gourmet gelato flavours made with ingredients sourced from Italy. Try pistachio, creama (made from free range egg yolks and toasted almonds), chocolate, strawberry, and more. Call 04-5530647.

**Scoopi Café** on Jumeirah Beach Road, is a boutique ice cream parlour which uses liquid nitrogen to make an instant creamy, frozen treat. The highlight of the menu, and a rather lavish treat – it costs Dhs3,000! – is The Black Diamond, which has Madagascar vanilla ice cream mixed with saffron, black truffles, and gold flakes, served in a designer cup which you get to take home. Call 055-8713473.

## SAVE THE DATES: MARCH 24-28

The Qatar International Food Festival is back again this year at the Museum of Islamic Art (MIA) Park. Prepare yourself for five days of alfresco eating, cooking demonstrations with celebrity chefs, food sampling, dining experiences, and fun for the whole family with live music, and entertainment on the stage and children's zone. Visit qifoodfestival.com.

# Drinking charcoal – the next big thing?



Charcoal, the kind that you use for a barbecue, seems to be having a moment, being used for everything from beauty products to toothpaste these days. And soon, it might be on your list of things to consume, as the versatile product is now being used in water and juices as well! In the US, drinks are now being enhanced with a flavourless form of food-grade carbon known as activated charcoal. The black-coloured murky drinks are mixed with lemon, spinach or greens to make an energy-boosting concoction. It also helps aid gut irritation caused by gluten or dairy – as the body absorbs the activated charcoal quickly.

# DELPHINE
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Every Friday we're offering our new Sparkling Hollywood Package. The star of this culinary show is our chef's hand-picked selection of Delphine signature dishes with a lavish buffet of appetizers and desserts. Through the day our live swing band will play their finest West Coast beats – the perfect accompaniment to your exclusive dining experience.

**Let's sparkle on the Delphine red carpet this Friday.**

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# Aisle file

Gorgeous gourmet buys, kitchen gear, home décor and more.

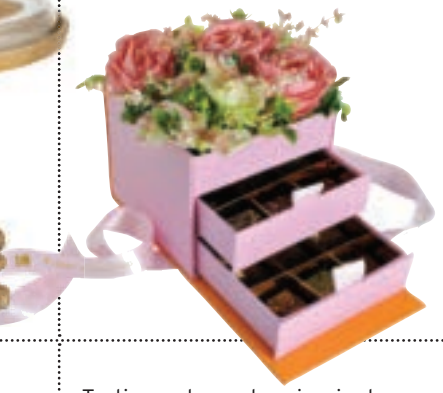


Whether you're serving cheese and potatoes, or chocolates with fruit, this **29 PCS STAINLESS STEEL FONDUE SET** with a rotating base is a must-have for a relaxed, intimate dinner party. Dhs299 at **HOME CENTRE**.



At your next tea party, bring out this **HANDCRAFTED GOLDEN CAKE STAND** with glass lid, which oozes luxury, to showcase your baking prowess. Dhs210 at **MARINA GULF**.

Mother's Day is this month – and this gorgeous flower adorned box, packed with gourmet, hand-decorated chocolates is the perfect gift! From Dhs355 (for 18 pieces), at **FORREY AND GALLAND**.






This **ANTIQUE-FINISH WOODEN BOX** is just what we need to store recipe cards and other kitchen odds and ends. Dhs59 at **H&M HOME**.

Invest in this elegant **MALMAISON SILVER TRAY**, which recreates a classic 19th century engraved design in a special edition exclusively for the Middle East. There are only 30 pieces available (in two sizes), in the collection, which come with a set of macarons too! From Dhs1,600 at **CHRISTOFLE BOUTIQUES**.



Gear up for Easter with these colourful **EGG CANDLES** that look good enough to eat! Dhs69 each at **CRATE AND BARREL**.



Teatime gets a nature-inspired makeover with this striking fine bone china **OCEAN FANTASY TEAPOT** from the William Kilburn Range. Dhs199 at **INDIGO LIVING**.



Give your home a stylish upgrade with this **ADELE COFFEE TABLE** – we absolutely love the mirror effect! Dhs3,495 at **THE ONE**.





These **WOODEN LG TRIO FRAME CANDLES** have a deliciously smoky tea, amber, and fig scent. Dhs325 each, at **SAUCE GIFTS**.

Compiled by NICOLA MONTEATH | Photographs SUPPLIED

# Here to help

All your culinary and décor questions answered.



Expert chef, Marta Yanci, founder of bespoke catering company Marta's Kitchen, addresses your cooking dilemmas.

**Q Is there any trick to making Vietnamese Pho at home?**

**A.** Making pho (a traditional Vietnamese soup) at home isn't difficult at all! There are however some little tricks and secrets. The first one is, you need to use bones to prepare it. Ideally, you should use knuckle or leg bones, since they have a high content of marrow (don't forget to remove the impurities the bones will release, to ensure you have a clear soup). You can also toast your spices before adding them to the soup.



**Q I bought a jar of kimchi, and was wondering if I could eat it in any way other than pickle or as a condiment?**

**A.** I like putting kimchi in my burritos. You can also use it as an ingredient in a fried rice or put it inside your vegetarian spring rolls. It's the perfect ingredient if you want to add a tangy taste to any dish really.

**Q I'd like to take a cheese dip to a party, but not sure it will stay gooey. Any tips?**

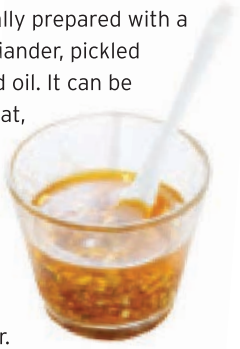
**A.** Ideally, you should store the cheese dip sous vide (in a temperature-controlled bath) to ensure it stays gooey. However, not everyone will have this equipment, so I suggest using cream cheese as the base for your dip. It will remain just the way you like, creamy and gooey.

**Q How do I make short ribs without a slow cooker, and achieve the same results?**

**A.** The key is to use your oven as a slow cooker in a way. Cook the ribs at a low heat (max 150C) for several hours. Cover with foil to ensure the moisture doesn't escape – this will guarantee the short ribs remain tender, moist and with a similar texture to the one you would obtain using a slow cooker.

**Q I've recently come across chermoula in stores – what is this and how can I use it?**

**A.** Chermoula is a sauce or paste commonly used in Algerian, Moroccan and Tunisian cuisine. Each country has its own particular variation, but it is generally prepared with a combination of fresh coriander, pickled lemons, garlic, cumin and oil. It can be used to marinate any meat, although it is mostly used for fish or seafood. You can simply spread it on bread if you like, as well – it adds a refreshing, tangy and lemony flavour.



## Marta's ingredient of the month



**Cauliflower – although it can be found all year round with varieties being harvested at different times of year, I have chosen it this month because it is extremely versatile. Cauliflower is a fun vegetable. You can have it baked, steamed, boiled, fried, and cooked with mac and cheese or even to prepare a false pizza base. It can be grated to resemble couscous, and is rich in Vitamin C, and low in fat and carbohydrates.**

## DESIGN Q&A

Interiors expert Pavitra Pujary, founder of interior design firm Pure Coalesce, offers practical home décor advice.



**Q I like my kitchen to be all sleek in silver and black, however for the dining and living rooms, I prefer a shabby chic look. Is it alright to have two different design styles?**

**A.** It is acceptable to have two different colour schemes, but two concepts – one modern and the other shabby chic – can be challenging. The difference between the looks is in the textures and finishes. High-gloss finishes are associated with modern kitchens, whereas the shabby chic look would have a rustic edge. I suggest binding both the spaces by matching the colours of the kitchen cabinets with the dining room furniture, and to choose a matt finish for the kitchen cabinets. You could also add a chandelier in the kitchen to bring in a classic look in there.

**Q Is there any way of taking out food aromas from the kitchen, without splurging on scented candles and flowers?**

**A.** The best way to improve the air quality in your home is through cross ventilation. If you have windows in your house, keep them open for a couple of hours a day. This way you will air out your home, providing better air quality as well as getting rid of the food odours. Don't forget to wipe down all interior surfaces with a solution of two tablespoons baking soda and one litre water mixed together. Another tip is to leave a bowl filled with white vinegar, or coffee grounds, overnight in the kitchen. A natural air freshener that works really well is a pot of simmering cloves, citrus peels and cinnamon sticks.



Compiled by NICOLA MONTEATH | Photographs SHUTTERSTOCK




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# Tried & tasted

Each month, we review two of the city's top tables.

## Afternoon tea




**Where: Rhodes W1, Grosvenor House Dubai**

**What's it like:** An afternoon tea conjures up everything I love – a sophisticated setting, tons of brewed tea, and of course, freshly baked scones. Naturally, I was intrigued to see what the new afternoon offering at this establishment, helmed by celebrity chef Gary Rhodes, had in store. The chic décor of pastel greens, combined with pops of yellow, and interesting light fixtures make up the inviting space. The terrace's cool breeze beckoned us to take a seat at one of the comfortable white garden-style couches, and we chose our teas to commence the afternoon, while sipping on a refreshing strawberry-kiwi welcome drink. My friend chose Assam, while I had the Dragon green tea, and they both arrived in gorgeous off-white and pink Royal Albert teapots that prompted us to immediately head to a store to purchase one (true story!).

The savoury items arrived on the first stand – there was a delicious, slightly toasted cream cheese, onion and herb croque monsieur, and moreish crisp, and warm shepherd's pie fritters to dunk into cold mint yoghurt. Regular high tea items like cucumber, cream cheese and chive sandwiches also made an appearance, along with an interesting mix of sweet and spicy tomato and sweet chilli sandwiches which we polished off, as well as a coronation chicken sandwich, providing a punch of flavour in each morsel. Quail's egg mayonnaise, and salmon, were the other sandwich options, and we tried it, but saved room for the dessert assortment that made our eyes light up! The freshly baked scones were served with clotted cream and strawberry jam, but while we enjoyed it, we wouldn't call it a new favourite. We did however absolutely love the Eton mess, a light and fruity mix of meringue and raspberries, as well as the tart bite-sized lemon cakes, and typically British warm chewey crumpets which went down easily even though we were stuffed. The afternoon tea here is a complete British affair – from the food to the atmosphere. Head here to live out your ultimate Downton Abbey fantasy!

**Best for:** Elegant outing with the girls

**If you want to go:** Dhs195 per person (without bubbly). Call 04-3176000.

*- Nicola Monteath*




**Where: Links@Sheraton Café, Sheraton Grand Hotel**

**What's it like:** This Victorian tradition which has resonated throughout the decades, is being adapted in modern culture, and has now come to one of the newest cafés in the city – the Links@Sheraton Café, which is set in the lobby lounge of the brand new Sheraton Grand Hotel. The bright, spacious café features contemporary décor with velvet couches adding a touch of elegance.

Since afternoon tea is one of those things you can really enjoy with your mum, I took my mother along, and we both loved the amuse bouche made with wild berries and yuzu posset, topped with a shortbread, that got our palates ready for the afternoon's indulgences. This was followed by freshly brewed tea – my mother opted for the Strawberry and Mango tea, which was nice and fruity – while I had the Sencha, a kind of green tea that originated in Japan, customised with a dash of mint leaves. The teas were served in lovely glass teapots, with two sets of three-tier pastry tower which included a delectable assortment of finger sandwiches, freshly-made scones, cakes and pastries. Although the sandwiches and pastries were mini portions, overall it added up to be undeniably satisfying. My favourites were the coronation chicken in Viennese roll, which was absolutely gorgeous as it had the right blend of savoury and citrusy taste to it; and the smoked salmon with crab and avocado mayonnaise, which was fresh and delightful. We also enjoyed the unique flavour of the date, lemon and hazelnut Batternberg cake, as well as the classic pleasure of their fresh scones too, which was perfectly made and went well with the Devonshire clotted cream. You can really take your time working your way through the array of goodies, as the tea is re-fillable until you've finished the whole tower, and for those who prefer, they also have a selection of freshly brewed coffees.

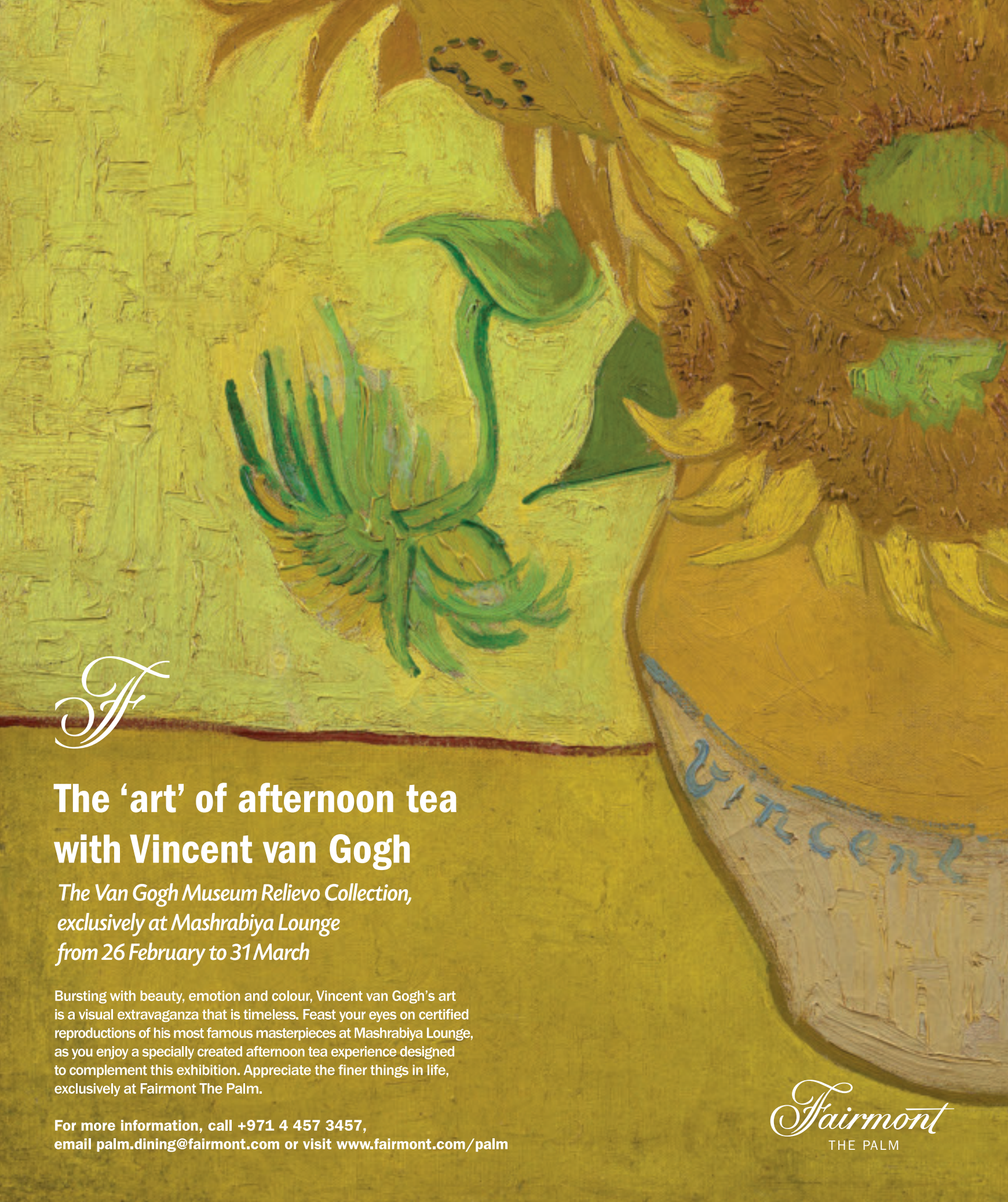
**If you want to go:** Dhs160 per person. Call 04-5034444.

*- Adelle Geronimo*

**Best for:** Relaxed weekend catch-ups



Photographs SUPPLIED and by REVIEWER



# The ‘art’ of afternoon tea with Vincent van Gogh

*The Van Gogh Museum Relievo Collection, exclusively at Mashrabiya Lounge from 26 February to 31 March*

Bursting with beauty, emotion and colour, Vincent van Gogh’s art is a visual extravaganza that is timeless. Feast your eyes on certified reproductions of his most famous masterpieces at Mashrabiya Lounge, as you enjoy a specially created afternoon tea experience designed to complement this exhibition. Appreciate the finer things in life, exclusively at Fairmont The Palm.

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# Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.


The Beach House

## All things Irish!

The Beach House at Anantara Dubai The Palm Resort and Spa is hosting the first ever Guinness and Oyster festival this month. Head there to try an à la carte menu featuring smoked Irish salmon with caper berries, oysters from Galaway, and Guinness beef pie. Ladies can also celebrate St. Patrick's Day here, with free flowing bubbly – the first 50 ladies get a sparkling stone, out of which one will be a gem.
*March 13-17, Dhs75 for the St. Patrick's Day offer. Call 04-5678304.*




## Spring awakening

Vivaldi by Alfredo Russo, Sheraton Dubai Creek Hotel and Towers, has just launched an innovative spring menu that's absolutely worth making a trip to Deira for. Must-try dishes include a mixed fish carpaccio for starters – creamy scallop slices that almost melt in your mouth, and tuna with a robust horseradish sauce; seared Wagyu striploin served as tender, thin slices with flavourful roasted winter vegetables; and a creative risotto made like a margherita pizza. Don't leave without polishing off the ricotta cheese and citrus parfait.
*À la carte menu, call 04-2071717.*

## Treat for mum

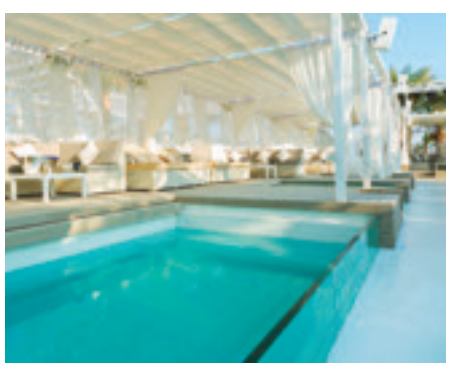
Head to the Raffles Garden with the whole family this Mother's Day, to treat mum to an Arabic-themed lunch set menu of hot and cold mezze, soup, mains like mixed grill with meat and chicken, grilled fish and Omani lobster, and ouzi. Keep space for desserts.
*March 21, Dhs650 for four people.*
*Call 04-3248888.*

## Fresh fare

The Gramercy has re-opened its doors after a makeover of not just the décor, but also their food offerings. Head there for a selection of special cocktails, to accompany dishes like fishcake benedict, Wagyu cheese burger, Texas style short ribs, and pan seared seabass filled with beurre blanc, among other options.
*Call 04-4377511.*

## Beachside brunch

The hottest new place to see and be seen at is Eden Beach Club at Rixos The Palm. The venue transforms into a garden-style paradise on Saturdays, offering the perfect setting to indulge in salmon tartare, frutti di mare, and sushi served right to your seat or private plunge pool table.
*Saturdays, from Dhs350 per person.*
*Call 04-2771477.*



## So much more than eggs!

Eggspectation at The Beach has added new North American dishes to the menu. Try Fried chicken and waffles with maple syrup drizzled all over, chipotli burger with grilled chicken or beef and chipotle aioli sauce, and a Mediterranean flatbread with roasted red peppers, grilled eggplant, feta and oregano.
*Call 04-4377511.*

## Flower-inspired menu

Japan's cherry blossom festival season is round the corner, and Benihana at Amwaj Rotana, has just the menu to give us a taste of authentic, seasonal offerings. Karaage (ginger fried chicken), and Yakiniku (grilled meat) are a few delicacies on the special Sakura menu.
*March 1-31, à la carte menu prices.*
*Call 04-4283089.*

## Gourmet weeknight

Looking for a relaxed, elegant place to dine at after work? Head to the Bistro night on Wednesday at Giornette, The Ritz-Carlton Abu Dhabi, Grand Canal, to try a selection of French dishes, an array of tempting cheeses, and decadent French desserts to end with. Live accordion music sets the tone for the evening.
*Wednesdays, from Dhs200 per person.*
*Call 02-8188282.*

Compiled by NICOLA MONTEATH | Photographs SUPPLIED



## Doha Dining

### ✳ A taste of Asia

Head to Spice Market, W Doha Hotel and Residences to try a special five-course menu designed to reveal the flavours of South East Asian cuisine, through dishes like black pepper shrimp with sundried pineapple, and ginger fried rice.
*Daily, QR280 per person including a bottle of wine. Call +974 4453 5135.*



### ✳ Meaty flavours

Craving meat? Visit Il Teatro, Four Seasons Hotel Doha, for tasty new dishes on the menu including carpaccio, and scaloppine with lemon sauce and roasted potatoes – all made with authentic Japanese Wagyu beef.
*Daily for dinner, from QR120. Call +974 4494 8888.*

### ✳ The classic way

Sinatra-lovers will enjoy this Friday brunch concept at The Grill, Grand Hyatt Doha, which features some of the singer's best hits, along with fresh seafood, sushi and barbecue delights.
*Every Friday, from QR295. Call (+974) 7798 2400.*




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Amwaj Rotana

Jumeirah Beach – Dubai

# Cherry Blossom Festival

**1-31 March**

Savour the richness of delectable Japanese cuisine during the country's cherry blossom festival, or Hanami, which celebrates the blooming of the country's numerous cherry blossom trees, called Sakura.

We're bringing the colour to Benihana this March with our authentic Sakura Menu featuring common festival foods in Japan and seasonal offerings made specifically for Hanami.

The cherry blossom symbolizes friendship and this would be a perfect time to get together with your friends to partake in the festival with our Sakura Menu.

**For reservations, please call +971 (0)4 428 2000 or email fb.amwaj@rotana.com.**

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BBC goodfood Middle East AWARDS 2014

With 35 categories, and over 26,400 votes, this was our biggest awards yet. Months of nominating, voting and judging culiminated in a glittering white-themed party on January 28, which brought the F&B industry's who's who together with foodies and celebrity chefs for a night of celebration and festivity at the Conrad Dubai. Meet all the winners, and take a look at some of the highlights of the evening in the following pages.




Reif bin Othman, Chef of the Year 2014 winner

# RESTAURANT OF THE YEAR

**FINALISTS** **RESTAURANT OF THE YEAR - DUBAI: Hakkasan Dubai**, Jumeirah Emirates Towers | **La Serre Bistro and Boulangerie,** Vida Downtown Dubai | **Rang Mahal by Atul Kochhar,** JW Marriot Marquis Dubai | **Zuma,** DIFC. **RESTAURANT OF THE YEAR - ABU DHABI: 55&5th The Grill,** The St. Regis Saadiyat Island Resort | **Brasserie Angélique,** Jumeirah at Etihad Towers | **Hakkasan,** Emirates Palace Abu Dhabi | **Indigo,** Beach Rotana Abu Dhabi. **RESTAURANT OF THE YEAR - DOHA: Gordon Ramsay,** The St. Regis Doha | **Hakkasan Doha,** The St. Regis Doha | **Market by Jean Georges,** W Doha Hotel & Residences | **Paper Moon,** W Doha



**WINNER**

## Restaurant of the year - Dubai

### HAKKASAN DUBAI
Jumeirah Emirates Towers

*'This is such a big achievement for my team. We are very grateful to all of our loyal customers. We will try to create more dishes this year and continue to give our diners the best experience.'*

***– Andy Toh Chye Sion, Chef de Cuisine***

**WINNER**

## Restaurant of the year - Abu Dhabi

### BRASSERIE ANGÉLIQUE
Jumeirah at Etihad Towers

*'I'd like if more Michelin starred chefs come down to dine. Pascal Robert from Paris, and Michael Canes, have been here already.'*

***– Niels Van Oers, Chef de Cuisine***





**WINNER**

## Restaurant of the year - Doha

### MARKET BY JEAN GEORGES
W Doha Hotel & Residences

*'2014 has been the most successful year in Market history. We will also be launching our spring menu this month, while developing a special, new weekend concept for Doha.'*

***– Stavros Fassaris, Assistant Director of Food and Beverage***

# BEST NEW RESTAURANT

**FINALISTS** **BEST NEW RESTAURANT - DUBAI: Cut by Wolfgang Puck,** The Address Hotel Downtown | **Fümé,** Pier 7 Dubai Marina | **Qbara,** Wafi City, Dubai | **Toko,** Vida Downtown Dubai **BEST NEW RESTAURANT - ABU DHABI: Amalfi,** Le Royal Meridien Abu Dhabi | **Bentley Bistro and Bar,** The Galleria on Al Maryah island | **Koi Restaurant and Lounge,** The Collection, Saadiyat Island | **Zuma Abu Dhabi,** The Galleria on Al Maryah island




**WINNER**

**Best new restaurant - Dubai**

**TOKO**
Vida Downtown Dubai

*'I'd love if Eckart Witzigman, an Austrian chef who received the Chef of the Century award in 1992 (from Gault millau) could dine at Toko. Only three other chefs in the world have received the same title, the others were Paul Bocuse, Joel Robuchon and Fredy Girardet. He is a legend chef in Europe and I cooked with him once in Germany, it was just an an amazing experience in itself. I would love the opportunity to cook for him now.'*

***– Alexandra Stupt, Chef de Cuisine***



**WINNER**

**Best new restaurant - Abu Dhabi**

**ZUMA ABU DHABI**
The Galleria on Al Maryah island

*'This is the first time we opened two Zuma outlets in the same country. When we opened here, it was hard because we had to keep the standard the same as the one in Dubai which everyone loves. We also have our own dishes to keep us individual though.'*

***– Ilir Caushi, General Manager***

# Bon Appétit!

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# CHEF OF THE YEAR

The region's four best chefs battled it out in a Mystery box cooking competition prior to the awards night.

**FINALISTS** **1. AMRISH SOOD** – Rang Mahal by Atul Kochhar, JW Marriott Marquis Dubai | 2. **COLIN CLAGUE** – Qbara Dubai. Wafi City | 3. **LUIGI VESPERO** – The Rib Room, Jumeirah Emirates Towers | 4. **REIF BIN OTHMAN** – Zuma












With two and a half hours to produce a gourmet three course menu, using a unique mix of ingredients from the Mystery box, it was a closely contested battle, and the judges (Uwe Micheel, Marianne Saulwick and Tarik Ibrahim, from L to R) had their work cut out for them!



**WINNER**

## REIF BIN OTHMAN

Zuma

*'It feels really great! It is unexpected and I am very happy to be named Chef of the Year. But I do believe that all of us, me and my fellow nominees are all winners!'*

***– Reif Bin Othman***

# CHEF OF THE YEAR
















The pressure was on, but each of the chefs produced some exquisite dishes showcasing their individual styles of cooking and creativity.

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**TRY REIF'S WINNING RECIPE**



## Chocolate soufflé with vanilla mascarpone, peach and mandarin hazelnuts

**SERVES** 4 **PREP** 10 mins **COOK** 15-18 mins EASY

**150g chocolate**
**4 whole eggs, separated**
**100g sugar**
**200ml cream**
**1 tsp cornstarch**
**1 tsp cocoa powder**
**1 fresh peach**
**1 mandarin**
**1 tbsp hazelnuts, chopped**
**2 tbsp mascarpone cheese**
**Seeds from 1 vanilla bean**
**Mint leaf, for garnish**
**Lemon zest, for garnish**
**Icing sugar, for garnish**

**1** Melt the chocolate in the mixing bowl under a bain-marie.
**2** Place the egg white in a mixer, and tip in the sugar. Mix until it reaches a soft peak.
**3** In a saucepan, add the cream, cornstarch and cocoa powder. Once it starts to bubble up, set aside and pour a bit into a mixing bowl. Add in the egg yolks and whisk well. Pour in the rest of the cream mix, mix again, and add it to the melted chocolate. Add the egg white mixture gradually, and mix well before setting aside.
**4** Butter four ramekins and sprinkle some sugar in them. Pour in the soufflé mix and chill. Bake the soufflé at 200C and cook for 15 mins.
**5** Chop all the fruits into small pieces and mix with the hazelnuts.
**6** Mix the vanilla seeds with the mascarpone.
**7** Dust icing sugar and zest of a lemon on the soufflés. Serve with the fruit mix and a tablespoon of the mascarpone.

**PER SERVING** 680 kcals • protein 12g • carbs 56g • fat 46g • sat fat 24g • fibre 2.6g • sugar 28g • salt 0.6g



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# FINE DINING

**FINALISTS** **BEST EUROPEAN RESTAURANT: Brasserie Angélique** Jumeirah at Etihad Towers | **Elia** Majestic Hotel Tower Dubai | **La Petite Maison Dubai,** DIFC | **La Serre Bistro and Boulangerie**, Downtown Dubai



Thorsten Jansen, Assistant Restaurant Manager

**WINNER**

## Best European restaurant

**BRASSERIE ANGÉLIQUE**
Jumeirah at Etihad Towers

**FINALISTS** **BEST ITALIAN RESTAURANT: BiCE,** Hilton Dubai Jumeirah Resort | **Bussola,** The Westin Dubai Mina Seyahi Beach Resort & Marina | **Roberto's Restaurant and Lounge** DIFC | **Rosso,** Amwaj Rotana



**WINNER**

## Best Italian restaurant

**BUSSOLA**
The Westin Dubai Mina Seyahi Beach Resort & Marina

*'Winning the award is just fantastic! I believe this is long due, we definitely changed things around and upped our game this year and now the award is here.'*

***– Javier Soler Munoz, Restaurant Manager***

**FINALISTS** **BEST ASIAN RESTAURANT: Benihana,** Amwaj Rotana | **Benjarong,** Dusit Thani Dubai | **Blue Jade,** The Ritz-Carlton Dubai | **Tong Thai,** JW Marriott Marquis Dubai



**WINNER**

## Best Asian restaurant

**BENIHANA**
Amwaj Rotana

*'2014 has been phenomenal because we held a number of extremely successful promotions and I was thrilled to have concocted the Golden Nugget (golden sushi) for Benihana's 50th anniversary celebrations.'*

***– Numeriano Ligaya, Specialty Outlet Chef***

# FINE DINING

**FINALISTS** **BEST INDIAN RESTAURANT**: **Amala,** Jumeirah Zabeel Saray | **Ananta,** The Oberoi Dubai | **Patiala,** Souq al Bahar | **Ushna,** Abu Dhabi



**WINNER**

## Best Indian restaurant

**ANANTA**
The Oberoi Dubai

*'It felt so good to win this award, we've been waiting for it! I previously opened restaurants in India as well – this is my fourth opening – and all of them have won an award.'*
***– Saneesh Vargese, Head Chef***



Marc Coetzee, Head Chef with Albert Deidea, Griller, and Rufo Jr. Generao, Chef de Partie

**FINALISTS** **BEST LATIN AMERICAN RESTAURANT: Gaucho,** DIFC | **La Parilla,** Jumeirah Beach Hotel, Dubai | **The Act Dubai,** Shangri-La Hotel Dubai | **Toro Toro,** Grosvenor House Dubai

**WINNER**

## Best Latin American restaurant

**GAUCHO**
DIFC







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# FINE DINING

**FINALISTS** **BEST MIDDLE EASTERN RESTAURANT: Al Nafoorah,** Jumeirah Emirates Towers | **Ewaan,** The Palace Downtown Dubai | **Nawwara,** JW Marriott Marquis Dubai | **Qbara,** Wafi City, Dubai



**WINNER**

## Best Middle Eastern restaurant

### QBARA
Wafi City, Dubai

*'We are very thrilled to have received the award. It is actually not about me or the restaurant itself, it is really about all the people that have been working hard behind Qbara.'*

***– Colin Clague, Head Chef***

**FINALISTS** **BEST CONTEMPORARY BRITISH RESTAURANT: D&A,** Jumeirah Beach Hotel | **Rhodes Twenty10,** Le Royal Meridien Beach Resort & Spa | **Rivington Grill Dubai** | **The Ivy Dubai,** Jumeirah Emirates Towers



**WINNER**

## Best contemporary British restaurant

### D&A
Jumeirah Beach Hotel

*'It's been a very successful year especially after the refurbishment. When you come down here, you have to try the signature fish and chips – it's a specialty.'*

***– Eglal Soliman, Outlet Manager***

# FINE DINING

FINALISTS **BEST SEAFOOD RESTAURANT: BiCE Mare,** Souk Al Bahar | **Ossiano,** Atlantis the Palm, Dubai | **Pearls & Caviar,** Shangri-La Hotel, Qaryat al Beri, Abu Dhabi | **Turquoiz,** The St Regis Saadiyat Island Resort



WINNER

## Best seafood restaurant

**PEARLS & CAVIAR**
Shangri-La Hotel, Qaryat al Beri, Abu Dhabi

*'The food we offer here is straightforward, and good quality Mediterranean seafood.'*

***– Ricky Rimenda, Chef de Cuisine***

FINALISTS **BEST STEAKHOUSE: Marco Pierre White Steakhouse & Grill,** Fairmont Bab al Bahr, Abu Dhabi | **The Meat Co.,** Madinat Jumeirah | **The Rib Room,** Jumeirah Emirates Towers | **West 14th,** Oceana Beach Club Palm Jumeirah



WINNER

## Best steakhouse

**THE MEAT CO.**
Madinat Jumeirah

*'It's a great honour and validation that after ten years, the Meat Co is still held in such high regard among so many Dubai locals. We will continue to maintain our focus on providing the best steaks from selected farms around the world.'*

***– Prabakaran Manickam, Area Head Chef, Food Fund international***



# Perfect for your main course.

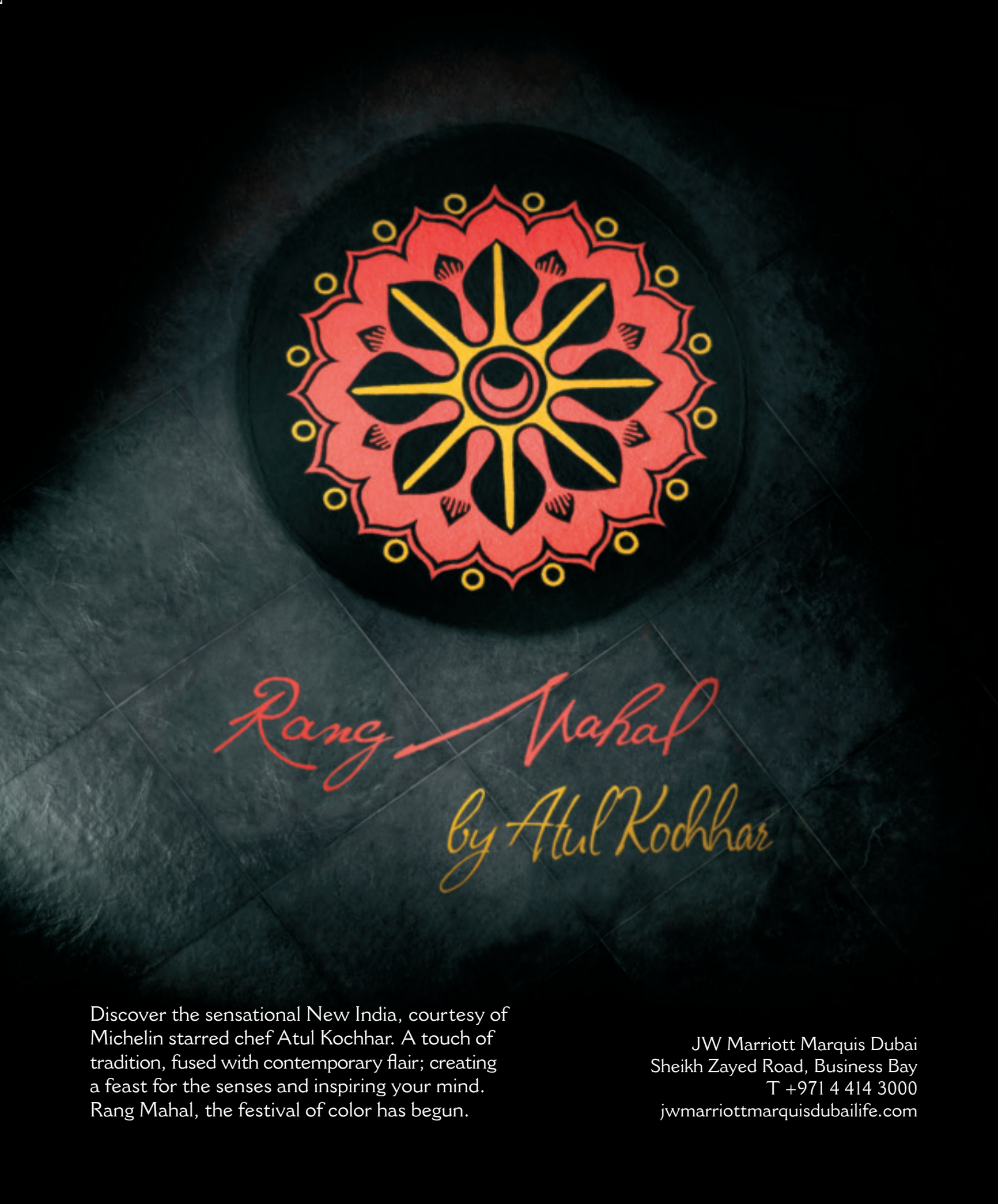
*How do we know? Well, what would you squeeze on your seafood to make the flavours burst in your mouth?*
*Our specialty seafood menu is now available till end of April 2015.*

*Tasting menu and individual dishes available.*

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Discover the sensational New India, courtesy of Michelin starred chef Atul Kochhar. A touch of tradition, fused with contemporary flair; creating a feast for the senses and inspiring your mind. Rang Mahal, the festival of color has begun.

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# FINE DINING

**FINALISTS** **BEST BRUNCH: The Friday Brunch at Al Qasr,** Madinat Jumeirah | **Bubbalicious,** The Westin Dubai Mina Seyahi Resort & Marina | **Talk & Soul Friday Brunch,** Mövenpick Hotel Jumeirah Beach | **Friday brunch at Traiteur,** Park Hyatt Dubai



**WINNER**

## Best brunch

### TALK & SOUL FRIDAY BRUNCH
Mövenpick Hotel Jumeirah Beach

*'We have changed the whole setup of the Talk & Soul Brunch, and have focused more on the quality, by using new products. We have also introduced various cooking stations where guests can interact with chefs, and are planning on including one in the kid's section as well. Local produce is used in all dishes.'*

***– Didier Laufenburger, Executive Chef, and Kevin Hein, Executive Sous Chef***

**FINALISTS** **BEST EXPERIENTIAL DINING OUTLET: Bateaux Dubai,** Dubai Creek | **Dining by design,** Qasr al Sarab Desert Resort by Anantara | **The Act Dubai,** Shangri-La Hotel, Dubai | **Urban Picnic at 3in1,** Vida Downtown Dubai



**WINNER**

## Best experiential dining outlet

### THE ACT DUBAI
Shangri-La Hotel, Dubai

*'This award is very important for me and for the whole team, as it is a recognition for all the effort and hard work we we put in daily. If there's one chef I would like to come dine with us, it would be Virgilio Martinez, from Peru.'*

***– Head Chef Roberto Gonzales***

# ABU DHABI Food Festival

EMIRATI Kitchen | STREET Feast | GOURMET Abu Dhabi

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# NEW TO THIS YEAR!

Two new special categories were introduced in this year's awards, in line with the latest food trends.

**FINALISTS** **BEST SUSTAINABLE RESTAURANT: Baker & Spice DubaI** | **Bestro,** Lafayette Gourmet, Dubai Mall | **Qbara,** Wafi City, Dubai | **The Farm,** Al Barari



**WINNER**

## Best sustainable restaurant

### THE FARM
Al Barari

*'We are extremely proud to win this award. It highlights our passion for sustainability, from buying local ingredients, composting, recycling waste products, using energy-efficient lighting, and using biodegradable take away containers, to sourcing ingredients from reputable suppliers whose success is dependent on being sustainable too.'*

***– Yves de la Fontaine, Head Chef***

**FINALISTS** **FAVOURITE FOOD BLOGGER: Dima al Sharif,** dimasharif.com | **Ishita Saha**, Ishitaunblogged | **Sally Prosser,** mycustardpie.com | **Samantha Wood,** foodiva.com



**WINNER**

## SALLY PROSSER
Mycustardpie.com

*'A few years back, I started reading a lot of other blogs like 101 Cookbooks and was inspired to start a food blog as well. Once I started writing about food, I felt I'd come home and found my true voice. I get a thrill every time I start and finish a post and press the publish button!'*

***– Sally Prosser***

# CASUAL DINING

**FINALISTS** **BEST INTERNATIONAL RESTAURANT: Carluccio's,** UAE | **The Cheesecake Factory,** Dubai | **Jamie's Italian,** Jumeirah Beach Hotel | **Social House,** Dubai Mall



**WINNER**

## Best International restaurant

### THE CHEESECAKE FACTORY
Dubai

*'Our diners here love us! We have seven outlets in the Middle East, and the best way to sum us up is that we are majorly American with hints of Asian, Spanish. We always say if you have a large family, and no one wants one out of the 250 items, you're probably not hungry.'*

***– Thomas Schmidt, Global Area Kitchen Operations Manager***

**FINALISTS** **BEST ASIAN RESTAURANT: Lemongrass Thai Restaurant,** UAE | **Noodle House** Dubai | **PF Chang's,** UAE | **Sizzling Wok,** Citymax Hotels



**WINNER**

## Best Asian restaurant

### PF CHANG'S
UAE

*'Winning this award means everything to us, as we are constantly doing our best to keep our customers happy.'*

***– Michael Hardie, General Manager***




# A DIFFERENT WAY TO LOOK AT FRIDAY BRUNCH

Isn't it time you tried Dubai's most laidback brunch? Kick back and enjoy a fun-filled afternoon at the Urban Picnic in the chic surroundings of 3in1. Fill your picnic hamper with a scrumptious selection of gourmet goodies, pick up a bottle, grab a blanket and chill out in the poolside cabanas to the smooth sounds of the resident DJ.

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VIDA
DOWNTOWN DUBAI



Dimitris Skarmoutsos



Yiannis Baxevanis



Dimitris Chronopoulos

# GREEK CULINARY FESTIVAL 2015

by elia

elia

Simply Greek



Jerome Serres



Ilias Kokoroskos



Dimitris Dimitriadis

Yiannis Baxevanis and Ilias Kokorokos invite multi-award winner, Michelin Starred Chef Dimitris Dimitriadis to cook with them on 19th and 20th of March 2015.
Follow us to stay posted.

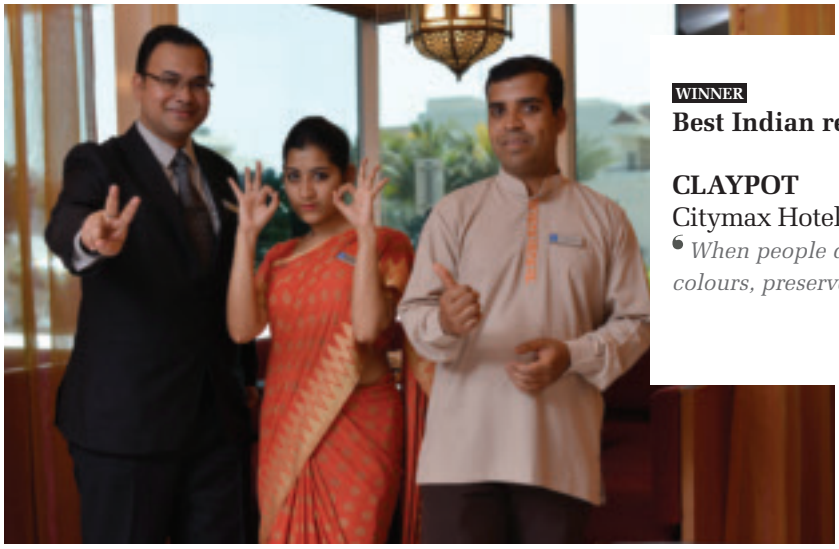
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Bur Dubai, Dubai, UAE

Open every night from 7pm.
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www.majestichotels.com
elia@majestichotels.com

EliaDubai

# CASUAL DINING

**FINALISTS** **BEST INDIAN RESTAURANT: Barbecue Delights,** JBR | **Claypot,** Citymax Hotels Bur Dubai | **The Bombay** | Marco Polo Hotel | **Zafran,** UAE



**WINNER**

## Best Indian restaurant

### CLAYPOT
Citymax Hotels Bur Dubai

*‘When people dine here, they eat good, authentic food with no artificial colours, preservatives or flavourings.’*

***– Bhupendra Rawat, Restaurant Manager***

**FINALISTS** **BEST MIDDLE EASTERN: Leila,** Dubai | **Reem Al Bawadi,** Dubai | **Wafi Gourmet,** UAE | **Zaatar W Zeit,** UAE



**WINNER**

## Best Middle Eastern restaurant

### REEM AL BAWADI
Dubai

**FINALISTS** **BEST CAFÉ: Angelina,** Dubai Mall | **Jones the Grocer,** UAE | **Pascal Tepper French Bakery,** Dubai | **Paul Café,** UAE



**WINNER**

## Best café

### PAUL CAFÉ
UAE

*‘We are constantly changing our menus to add dishes that the diners want. For instance, quinoa, lentils are all healthy foods that people are looking for, it’s become a trend, so we are making a special health section on the menu.’*

***– Rony Tawk, Regional Executive Chef***




UAE: Mall of the Emirates | Spinneys Center, Umm Suqeim
Meadows Town Center | Mirdiff City Centre
Zwilling J.A Henkels, Dubai Mall | Al Ain Mall

Qatar: Doha Royal Plaza | Doha City Centre

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# HOME COOKING

**FINALISTS** FAVOURITE SUPERMARKET:
Carrefour | Choithrams | Lulu Hypermarket | Spinneys



**WINNER**

## SPINNEYS

*'This award means a huge amount to us because we were nominated by the public. When customers realise our effort and work, it drives us to do better every day.'*

***– Colette Shannon, Communications Manager***

**FINALISTS** FAVOURITE STORE CUPBOARD:
California Garden | Nestlé | Sacla | Spinneys Food Spices

**WINNER**

## NESTLÉ



Jessy Abdulnour, Senior Brand Manager and Maida ElSahawy, Consumer Services Supervisor

**FINALISTS** FAVOURITE DAIRY BRAND:
Al Ain Dairy | Al Rawabi | Almarai | Lurpak

**WINNER**

## AL AIN DAIRY



Nancy Brooks, Marketing Manager



**FINALISTS** FAVOURITE SPECIALTY FOOD STORE: Lafayette Gourmet | Market & Platters | Marks and Spencer | Ripe Food & Craft Market

**WINNER**

## LAFAYETTE GOURMET

*'What I really like about this award is that it's consumer driven. Everyone will find something different in our store.'*

***– Russell Impiazi, Head Chef***

# HOME COOKING



Hesham Aboul-Hassan, Marketing Manager, Beverges, Unilever Gulf FZE

**FINALISTS** FAVOURITE TEA BRAND:
Alokozay | Dilmah | Lipton | Twinings

**WINNER**
## LIPTON

**FINALISTS** FAVOURITE OLIVE OIL BRAND:
Bertolli | Figaro | Rafael Salgado | Rahma



**WINNER**
## FIGARO

*'We feel immensely honoured on receiving this award, as it once again recognises Figaro as the brand of choice.'*

***– Jagat Negi, Sales Manager, Baqer Mohebi***

**FINALISTS** FAVOURITE JUICE BRAND:
Al Rawabi | Almarai | Barakat | Del Monte

**WINNER**
## DEL MONTE



Katia Fekhart, Regional Marketing Manager

**FINALISTS** FAVOURITE COFFEE BRAND: Illy | Lavazza | Nespresso | Starbucks



**WINNER**
## NESPRESSO

*'We endeavor to continue to surprise coffee lovers with high quality coffee creations and unique service offerings.-'*

***– Safwan Al Turk, Business Development Manager***

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# HOME COOKING

**FINALISTS** **FAVOURITE TABLEWARE STORE:** Crate and Barrel | Home Centre | Tavola | The One



**WINNER**

## THE ONE

*"While we obviously love our tableware, this award allowed our fans to give us their stamp of approval, encouraging us to keep bringing in all the elements that magical table settings are made of."*

***– Dalia Zaki, PR and Events Organiser***

**FINALISTS** **FAVOURITE SMALL KITCHEN APPLIANCE BRAND:** Braun | Kenwood | KitchenAid | Philips



**WINNER**

## KENWOOD

*"We are very thankful to everyone who voted for Kenwood."*

***– Zoe Tatt, Brand Manager***

**FINALISTS** **FAVOURITE LARGE KITCHEN APPLIANCE BRAND:** Hitachi | LG | Miele | Samsung



**WINNER**

## SAMSUNG

*"We have just launched our new Chef's collection which includes a number of items designed by chefs from all over the world."*

***– Mohammed Gharaibeh, General Manager of Samsung Electronics (Home Appliance Sales Group)***

Location shoot photography by Maksym Poriechkin, Charls Thomas | Studio shoot at Lighthouse Studio (04-3419697) | Coordination & styling by Nicola Monteath

Al Ain Dairy

# Introducing premium ice creams made from pure camel milk



Every spoonful is a tantalizing measure of taste as much as wholesome goodness of camel's milk.

Proud winner
**Favourite Dairy Brand**






Gourmet Greek canapés from Elia were a big hit





Vida Downtown Dubai brought a teaser of their Food Truck experience to the show




Special refreshments and cocktails were on offer, courtesy of African & Eastern



Healthy fruity nibbles were also on offer

# LET'S GET THE PARTY STARTED!

A variety of international flavours were on offer at the Tasting Stations in the vibrant pre-event cocktail reception, with a selection of restaurants and brands showcasing their specialties.



De Longhi's takeaway espresso and cappucino were on demand throughout the evening




Velocity"s tender beef sliders kept everyone happy before the event began



The food on display was definitely click-worthy!




Arabic treats from everyone's favourite Middle Eastern restaurant



Mon Viso water on hand at the reception and on the dinner tables too

DINNER MENU

Selection of Breads

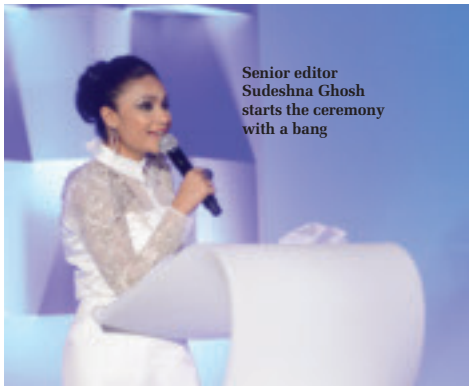
**APPETISER**
Dill Cured Scottish Salmon with Caviar Remoulade and Lemon Mi Confit

**MAIN COURSE**
Premium Beef Fillet, Mushroom Rillets Rossini
Pomme Anna, Green Beans, Perigord Truffle Jus

**DESSERT**
Banoffee
Roasted Banana Ice Cream, Macadamia Nut

# A NIGHT IN WHITE

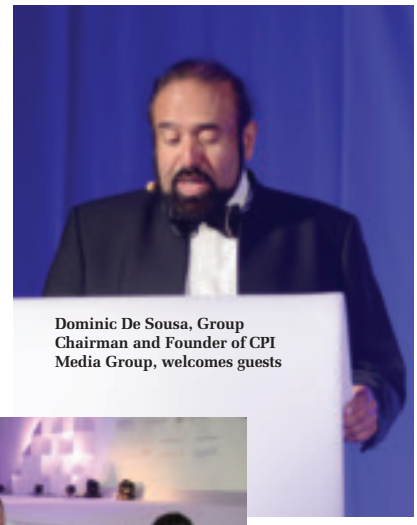
Your backstage pass to all the glitz, glamour and fun from the awards party.



Senior editor Sudeshna Ghosh starts the ceremony with a bang



All smiles from the Zuma Abu Dhabi team



Dominic De Sousa, Group Chairman and Founder of CPI Media Group, welcomes guests



Sally Prosser takes home the Best Food Blogger award



The excited winners of Best steakhouse



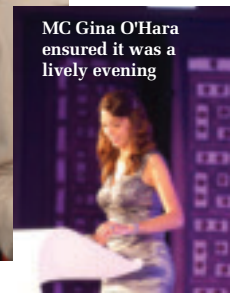
Everyone enjoyed tucking in



Greg Malouf was just one of the top chefs in attendance



The region's top food bloggers offered minute-by-minute updates of the evening



MC Gina O'Hara ensured it was a lively evening



Celebrity chef Joe Barza flew in especially for the event



Judges Tarik Ibrahim, Marianne Saulwick and Uwe Micheel let their hair down!



The juicy main course



An inovative dessert to end the perfect night



The glamorous venue was decked out in all white



The after-party was the place to be at, with Dominic De Sousa providing the entertainment



No one could resist the photobooth props



The lovely back-up singers



Classic hits from the band



Guests enjoyed a gourmet three-course menu



It was a night of networking and mingling



Celeb chef Gary Rhodes was one of the VIP guests



Hakkasan Dubai won the night's biggest award!

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# DUBAI TODAY

## WITH SUZANNE RADFORD

### WEEKDAYS 10AM - 12PM



### THE THURSDAY BRUNCH FOODIE PANEL

### FEATURING LOCAL & INTERNATIONAL AWARD WINNING CHEFS

**STAY ONE STEP AHEAD**

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Blood orange & poppy drizzle muffins, recipe p70

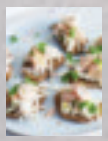
# Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

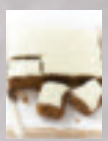
IN THIS SECTION



- Try sustainable local fish and reap the delicious rewards, **P60**



- Cook like James Martin this Easter, **P75**



- Mother's Day treats that anyone can bake, **P80**

# Make it tonight

Fresh ideas for midweek suppers that are tasty and good value too. Recipes KATY GREENWOOD Photographs ROB STREETER



## Mini schnitzels with garlic sauce

**SERVES** 4 **PREP** 15 mins **COOK** 15 mins EASY

**500g skinless, boneless chicken thigh fillets**
**4 tbsp plain flour**
**2 eggs, beaten**
**140g dried breadcrumbs**
**75g butter**
**4 fat garlic cloves, finely chopped**
**200g crème fraîche**
**½ small bunch of curly parsley, finely chopped**
**Mixed leaves and skinny fries (optional), to serve**

**1** Heat oven to 220C/200C fan. Place the chicken thigh fillets between 2 pieces of cling film and bash with a rolling pin to about 1cm thick. Cut the chicken into bite-sized pieces.
**2** Put the flour, eggs and breadcrumbs on 3 separate plates. Season the flour, then toss the chicken pieces in it to coat, followed by the egg and finishing with a coating of breadcrumbs.
**3** Put the breadcrumbed chicken on a baking sheet and cook for 10-12 mins.
**4** Meanwhile, in a small pan, melt the butter, then stir in the garlic and cook for 3-4 mins until it is softened. Turn down the heat, whisk in the crème fraîche and most of the parsley and season to taste. Serve the sauce in a small pot on the side, to dip into, sprinkle the remaining parsley over the sauce, and serve with salad leaves and skinny fries, if you like.

**PER SERVING** energy 693 kcals • fat 43g • saturates 25g • carbs 40g • sugars 3g • fibre 2g • protein 36g • salt 1.0g

Food styling NANCY MCDOUGALL



## Sloppy sausage chilli cheese dogs

**SERVES** 4 **PREP** 10 mins **COOK** 15-20 mins
EASY | CALCIUM | FOLATE | FIBRE | 2 OF 5 A DAY

**400g pack sausages**
**1 tbsp olive oil**
**1 onion, finely chopped**
**2 garlic cloves, finely chopped**
**400g can chopped tomatoes**
**1 tbsp tomato purée**
**400g canned kidney beans in chilli sauce**
**1 tsp chilli powder (use mild or hot, whichever you prefer)**
**4 large hot dog rolls or 8 small ones**
**140g cheddar**
**Potato wedges, to serve (optional)**

**1** Remove the sausages from their skins and break up into small pieces. Heat the oil in a frying pan and fry the onion and sausages until the onion has softened and the sausages are golden. Stir in the garlic, then cook for 1 min before adding the tomatoes, tomato purée, kidney beans and chilli powder. Bring to the boil and cook for about 10 mins until thickened.
**2** Split the rolls down the middle and toast the cut sides on a griddle pan. Spoon the hot sausage chilli into the rolls and finish with the cheese. Serve with potato wedges, if you like.

**PER SERVING** energy 731 kcals • fat 43g • saturates 18g • carbs 49g • sugars 14g • fibre 8g • protein 33g • salt 4.1g

## Artichoke & olive calzones

**SERVES** 4 **PREP** 15 mins **COOK** 20 mins
EASY | V | 1 OF 5 A DAY

**1 tbsp olive oil**
**390g canned artichoke hearts in water, drained and sliced**
**4 rosemary sprigs, leaves only, chopped**
**125g ricotta**
**2 garlic cloves, crushed**
**300g bread mix**
**75g green olives, sliced**
**125g ball mozzarella, diced**
**Mixed leaves, to serve**

**1** Heat oven to 220C/200C fan. Heat the oil in a frying pan and cook the artichokes and rosemary for a few mins until the artichokes are a little golden. Stir together the ricotta and garlic, and season.

**2** Empty the bread mix into a bowl and make up following pack instructions. Divide into 4 balls and roll each one out to a 20cm circle. Spread one side of each with the ricotta, scatter with the olives, the artichokes and rosemary, then top with the mozzarella. Brush the edges of the dough with water and fold the uncovered half over the filling. Press the edges together to seal. Place on a baking sheet and bake for 12-15 mins until puffed and golden, then serve with mixed leaves.

**PER SERVING** energy 422 kcals • fat 22g • saturates 8g • carbs 36g • sugars 1g • fibre 5g • protein 17g • salt 3.4g »

**TIP** **If you're not keen on artichoke hearts, use the same quantity of mushrooms instead, cooking them as you would the artichokes.**



## Samosa pie

**SERVES** 4 **PREP** 5 mins **COOK** 30 mins
EASY LOW FAT FIBRE IRON 1 OF 5 A DAY

**2-3 tbsp vegetable oil**
**1 onion, chopped**
**500g lamb mince**
**2 garlic cloves, finely chopped**
**2 tbsp curry powder**
**1 large sweet potato (about 300g), peeled and grated**
**100g frozen peas**
**Handful of coriander, roughly chopped**
**Juice ½ lemon**
**3-4 sheets of filo pastry**
**1 tsp cumin seeds**

**1** Heat oven to 180C/160C fan. Heat 1 tbsp of the oil in a frying pan. Cook the onion and mince for about 5 mins until the meat is browned. Stir in the garlic, curry powder, sweet potato and 300ml water. Cook for 5-8 mins until the potato has softened. Stir in the peas, coriander and a squeeze of lemon juice, then season.
**2** Spoon the mixture into a baking dish. Brush the sheets of filo with the remaining oil and scrunch over the top of the mince. Sprinkle with cumin seeds and bake for 10-15 mins or until the top is crisp.
**PER SERVING** energy 308kcals • fat 9g • saturates 2g • carbs 43g • sugars 14g • fibre 8g • protein 9g • salt 0.4g





## Japanese-style mackerel rice bowl

**SERVES** 4 **PREP** 10 mins **COOK** 20 mins
EASY FOLATE OMEGA-3

**300g sushi rice**
**200g frozen soya beans**
**150ml teriyaki sauce**
**1 large garlic clove, crushed**
**Zest and juice 1 lemon**
**4 smoked mackerel fillets, skin removed**
**4 spring onions, halved and shredded lengthways**
**Wasabi paste, to serve (optional)**

**1** Cook the rice following pack instructions, adding the soya beans to the pan for the final 3 mins.
**2** Meanwhile, mix together the teriyaki sauce, garlic, lemon zest and juice. Heat a non-stick frying pan over a medium-high heat. Brush a little of the teriyaki sauce mixture over the mackerel and sear the fillets, skin-side down, for 1-2 mins. Turn the fish over and add the teriyaki sauce mixture to the pan, bring to a bubble and cook the sauce for 1-2 mins more. The fish will warm through and the sauce will thicken.
**3** Spoon the rice into bowls, then top each bowl with a mackerel fillet. Spoon over the sauce and sprinkle over the spring onions. Serve with a blob of wasabi paste, if you like.
**PER SERVING** energy 742 kcals • fat 34g • saturates 7g • carbs 77g • sugars 20g • fibre 3g • protein 30g • salt 4.7g GF

# Sesame of culinary treasures



Cooking inspirations do not recognize borders anymore. We share the culinary heritage of the entire world, we bring new recipes from our foreign journeys, as well as cooking tips and spices. We combine various ingredients, adjusting them to our taste. This is happening all over the world, which rightly is called "a global village."

The art of cooking demonstrates it most vividly: we expand the repertoire of our recipes, we open the sesame of culinary treasures which was given to us by nature. We love to eat good and tasty food, trusting that the food we import from all corners of the world is the best there is, and with authentic flavor.

This is the food offered by the countries of the European Union, and among them also by Poland. It is in the European Union that the good quality of crops are grown, which are later used to produce feed for cattle and chickens. Our specialists marry our tradition with the latest technological advancements on each stage of the food chain - the cultivation of crops, rearing of animals, slaughter, meat processing, packaging and distribution. This is what makes the European countries famous for the modern meat industry founded on tradition. The focus of attention remains the activity compliant with the GMP and GHP standards, as well as observance of quality standards as defined in the HACCP, ISO, BRC systems, and recently in Poland also the national QMP and QAFP quality systems, which cover the production of beef and poultry meats.

Beef and poultry from Europe are valued for their merits, which include the exceptional taste, juiciness, crispness and aroma. These unique properties make the beef and poultry meats suitable for sale as refrigerated, deep-frozen or raw products, whereas the quality and long shelf life allow this meat to be exported outside Europe.

Is there place in the culinary sesame of your country for the meat treasures from Europe? The answer to this question is clear: Yes, there is!

Between March 16th and 18th you will have the opportunity to discover that this slogan contains a pure truth of the flavor and aroma of our meat dishes. At the AgraME trade fair in Dubai, at the "European Meat - Tradition Quality Taste" booth, the producers of meat and meat products will be presenting the process of natural rearing of cattle and poultry stocks, the measures of animal protection resulting from the animal welfare law, as well as the production of high quality meat products. Cooking art shows performed by best chefs, with the possibility to taste the dishes prepared with beef and poultry meat will allow you to experience their outstanding flavor.

For more information about the promotion "European Meat - Tradition Quality Taste," go to: **www.eu-meat.eu**

EUROPEAN MEAT
TRADITION QUALITY TASTE







CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION AND THE REPUBLIC OF POLAND
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# European Fruits and Vegetables

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www.ReleaseTheTaste.eu

The Union of the Processors of Fruits & Vegetables

CAMPAIGN FINANCED WITH AID FROM THE EUROPEAN UNION AND THE REPUBLIC OF BULGARIA

Release the European Taste

# Midweek made healthier

Add variety to your cooking, feed your family *and* keep on track with these tempting meals for during the week.

## Lentil & lemon fettuccine

**SERVES** 4 **PREP** 10 mins **COOK** 45 mins
EASY V

**140g Puy or brown lentils**
**300g dried fettuccine or linguine**
**1 medium onion, chopped**
**50g butter**
**3 garlic cloves, chopped**
**Zest and juice of 1 lemon**
**Large handful coriander, leaves and stems roughly chopped**
**150g tub low-fat Greek yoghurt**

**1** Rinse the lentils in a sieve and place in a medium saucepan. Cover with plenty of water and bring to the boil, then simmer for about 30 mins until tender, adding salt to taste 10 mins into cooking time. Drain thoroughly and keep warm.

**2** Cook the pasta, drain then return to the pan. Meanwhile, cook the onion in the butter over a medium heat until lightly golden, then add the garlic and cook until fragrant. Stir the lentils, onion, garlic, zest and juice, coriander and yoghurt through the pasta. Serve with plenty of freshly ground black pepper.

**PER SERVING** energy 511 kcals • fat 16g • saturates 9g • carbs 76g • sugars 6g • fibre 6g • protein 21g • salt 0.28g »

Vegetarian

**Hugely satisfying and packed with protein**



## DIY kofta burgers

**SERVES** 8 **PREP** 30 mins **COOK** 10-20 mins
EASY ❄ burgers only, uncooked

**FOR THE BURGERS**
**1kg lamb mince**
**2 onions, coarsely grated**
**1 garlic bulb, broken into cloves and finely chopped or grated**
**6 tbsp garam masala**
**Small bunch of coriander, chopped (optional)**
**1 tbsp chilli sauce, plus extra to serve**
**TO SERVE**
**8 pita breads**
**4 tomatoes, halved and sliced**
**½ red cabbage, shredded**
**1 red onion, sliced (optional)**
**Small pot of natural yoghurt**

**1** Tip the mince into a large bowl with all the other burger ingredients and a good pinch of salt. With your hands, squelch everything together through your fingers until completely mixed. Pat into 16 small burgers. Can be frozen for up to 1 month or chilled up to a day ahead.
**2** To cook, heat grill to high and lay the burgers in a single layer on a baking tray (you may need to do this in batches). Grill on the highest shelf for 5-6 mins on each side until browned and cooked through. Serve with all the accompaniments, so everyone can make their own sandwich.
**PER SERVING** energy 295 kcals • fat 18g • saturates 8g • carbs 8g • sugars 2g • fibre 1g • protein 26g • salt 0.37g




## Tasty turkey meatballs

**SERVES** 4 **PREP** 25 mins **COOK** 40 mins
EASY LOW FAT LOW CAL 2 OF 5 A DAY GOOD 4 YOU FIBRE ❄

**FOR THE SAUCE**
**1 tbsp rapeseed oil**
**1 onion, finely chopped**
**2 carrots and 2 celery sticks, finely diced**
**2 garlic cloves, thinly sliced**
**1 fennel bulb, halved and thinly sliced, fronds reserved**
**500g carton tomato passata**
**500ml reduced-salt chicken stock**
**2 tbsp parsley, chopped**
**Broccoli and potatoes or pasta and salad, to serve**
**FOR THE MEATBALLS**
**400g pack lean turkey breast mince**
**4 tbsp porridge oats**
**1 tsp fennel seeds, crushed**
**1 garlic clove, crushed**
**Spray of oil**

**1** Heat the oil in a large non-stick frying pan with a lid, then add the onion, carrots, celery, garlic and fennel, and stir well. Cover and cook over a medium heat for 8 mins, stirring every now and then. Pour in the passata and stock, cover and leave to simmer for 20 mins.
**2** Meanwhile, tip the mince into a large bowl. Add the oats, fennel seeds and fronds, the garlic and plenty of black pepper, and mix with your hands. Lightly shape into 25 meatballs about the size of a walnut. Spray or rub a non-stick pan with a little oil and gently cook the meatballs until they take on a little colour. Stir the sauce, then add the meatballs and parsley. Cover and cook for 10 mins until they are cooked through and the veg is tender. Serve with broccoli and baby potatoes, or pasta and salad.
**PER SERVING** energy 322 kcals • fat 9g • saturates 2g • carbs 21g • sugars 13g • fibre 7g • protein 38g • salt 0.3g



## Warm chicken salad

**SERVES** 2 **PREP** 5 mins **COOK** 15 mins EASY

**2 chicken breasts, cut into bite-sized pieces**
**½ small baguette, cut into bite-sized pieces**
**4 tbsp olive oil**
**1 tbsp balsamic vinegar**
**150g pack mixed salad leaves**
**250g pack cooked beetroot, cut into bite-sized pieces**
**100g goat's cheese**

**1** Heat oven to 200C/180C fan. Spread the chicken and baguette chunks over a shallow roasting tray. Drizzle with 2 tbsp olive oil and toss to coat. Season, then put in the oven for 15 mins until the chicken is cooked through and the bread is golden and crisp.
**2** Whisk together the remaining olive oil and balsamic vinegar to make a dressing. Split the bag of leaves between two serving plates, add the beetroot, then scatter the cheese over. Toss with the warm chicken and bread, drizzle with the dressing, then serve straight away.

**PER SERVING** energy 625 kcals • fat 35g • saturates 10g • carbs 32g • sugars 15g • fibre 4g • protein 48g • salt 2.88g

TIP **Homemade croutons are worth making as they are baked not fried. Plus, they are an economical way to use up stale bread.**

## Coconut-crusted lime chicken

**SERVES** 4 **PREP** 10 mins **COOK** 25 mins EASY

**8 skinless, boneless chicken thighs**
**Zest and juice of 2 limes, plus extra wedges to serve**
**2 tsp medium curry powder or garam masala**
**1 tsp chilli powder (optional)**
**25g desiccated coconut**
**2 tsp vegetable oil**
**Mango chutney and rice, to serve**

**1** Heat oven to 200C/180C fan. Put the chicken in a large bowl with the lime zest and juice, curry powder, chilli powder, if using, and seasoning. Mix well, then toss in the coconut. Place the chicken on a rack sitting in a roasting tin, drizzle with the oil, then bake for 25 mins until cooked through and tender. Serve with mango chutney, lime wedges for squeezing over and cooked rice, if you like.

**PERSERVING** energy 244kcals • fat 10g • saturates 5g • carbs 1g • sugars 0.5g • fibre 2g • protein 36g • salt 0.4g



# Fresh catch

Who needs expensive imported fish, when you can cook delicious dishes using locally sourced seafood? Chef Luis Salgueiro from newly opened seafood restaurant, Alto Mar, shows us how to cook four dishes with less common, but fabulous local fish.

Photographs MAKSYM PORIECHKIN

## Lemon sole fillet with Mediterranean sauce

**SERVES** 4 **PREP** 30 mins **COOK** 25 mins EASY

**4 x 200g lemon sole fillets**
**1 small onion**
**3 tomatoes**
**3 cherry tomatoes**
**½ green, red and yellow capsicums (each)**
**4 black olives**
**1 tsp capers**
**60ml olive oil**
**Juice of ½ lemon**
**1½ tsp salt**
**10g parsley, chopped**
**A pinch of pepper**
**400g rice**
**945ml water**

**1** Chop the onion and tomatoes, and cut the cherry tomatoes in half. Slice the capsicums and olives into strips. Add these, along with the capers, and fry for around 3 mins in olive oil. Add the water and lemon juice, and boil for 5 mins. Place the lemon sole into this mixture, cook for 10 mins, and then add the parsley.

**2** Cook the rice in water until done.

**3** Place the cooked lemon sole along with all the vegetables, and serve with rice. Garnish with parsley, olives, radish, and cherry tomatoes (optional).

**PER SERVING** 542kcals • protein 18.6g • carbs • 82.5g • fat 15.9g • sat fat 1.9g • fibre 4.2g • sugar 4.4g • salt 2.3g



Portuguese native Luis Salgueiro began working in kitchens at the age of 16. Lenôtre School in France, and Hospitality School of Algarve, Portugal, were his culinary schools of choice – he even taught at the school in Portugal for eight years. Spain, Brazil, Finland, Germany and France, are some of the countries he worked in, before moving to Dubai in 2012 to open Picante at Four Points by Sheraton Bur Dubai. His love for Mediterranean flavours and fresh ingredients led him to taking on the Head chef position at Alta Mar, an authentic restaurant set in the lovely Jumeirah Fishing Harbour, this year.

Food styling by NICOLA MONTEATH; Props from CRATE AND BARREL



## Sultan Ibrahim pot pie

**SERVES** 4 **PREP** 1 hr **COOK** 25 mins EASY

**8 Sultan Ibrahim fillets (around 60g each)**
**10g salt**
**A pinch of pepper**
**1 lemon**
**100g zucchini**
**100g eggplant**
**50g onions**
**100g tomatoes**
**100g green capsicums**
**A pinch of oregano**
**A pinch of parsley**
**4 basil leaves**
**1 (20cm) puff pastry sheet**
**100ml olive oil**
**1 egg, whisked**

**1** Season the fish fillets with the olive oil, salt, pepper, lemon juice and parsley. Chill for 30 mins.
**2** Cut all the vegetables into long strips, and marinate with salt, pepper, olive oil and oregano.
**3** In an oiled baking dish, place a handful of vegetables followed by 4 fish fillets and 2 basil leaves. Repeat with the rest of the vegetables, fish and basil leaves.
**4** Cover the baking dish with the puff pastry sheet, folding it over the sides. Brush with egg wash, and bake at 160C for 20-25 mins. Serve with a mixed salad.

**PER SERVING** 521 kcals • protein 28.6g • carbs 14g • fat 38.5g • sat fat 4.75g • fibre 1.5g • sugar 2.6g • salt 2.7g »



## Parrot fish fillet with clams

**SERVES** 4 **PREP** 30 mins **COOK** 25 mins EASY

**4 whole parrot fish (around 150g each)**
**400g clams**
**120ml olive oil**
**20g garlic**
**10g coriander, chopped**
**Juice from 1 ½ lemon**
**10g salt**
**A pinch of pepper**
**320g boiled potatoes**
**100ml milk**
**8 boiled baby carrots**

**1** Season the fish fillet with olive oil, salt and pepper.
**2** In a pan, sauté the garlic with half the olive oil, salt, and lemon juice. Add the clams and cover for 5 mins. Tip in the coriander and set aside.
**3** Peel and mash the potatoes. Place in a pan, season, and add milk to soften it. Cook for 5 mins and set aside.
**4** Heat a sauté pan with olive oil and add the fish. Cook for 3 mins on each side and set aside. Put the fish in a baking tray and grill for 5 mins.
**5** To serve, put the grilled dish on top of the mashed potatoes, and place the clams around it. Pour the sauce on top and garnish with the baby carrots.

**PER SERVING** 643 kcals • protein 56.8g • carbs 24.5g • fat 36g • sat fat 6.3g • fibre 2g • sugar 2.7g • salt 4.3g



## Grilled faskar and vegetable mille-feuille with baby potatoes

**SERVES** 4 **PREP** 35 mins **COOK** 15 mins EASY

**8x100g faskar fillets (also known as two bar seabream)**
**150ml olive oil**
**20g salt**
**A pinch of pepper**
**200g mixed vegetables (tomato, cucumber, zucchini, carrot, white onions)**
**400g baby potatoes**
**15g garlic, peeled and chopped**
**20g parsley, chopped**

**1** Marinate the fish fillets with salt, pepper and olive oil.
**2** Boil the baby potatoes in salted water for about 10 mins. Repeat the process for the vegetables and cook for 5 mins.
**3** Grill the marinated fish on a hot griller pan for 10 mins.
**4** Slice the baby potatoes in half and sauté with the garlic in olive oil. Add the parsley just before taking it off the heat.
**5** Sauté the vegetables in olive oil with garlic.
**6** Place one piece of fish on a plate, top with a layer of vegetables, and place the other fish fillet on top. Serve with the potatoes on the side.

**PER SERVING** 682 kcals • protein 50g • carbs 22.7g • fat 46.5g • sat fat 7g • fibre 4.7g • sugar 2.4g • salt 5.2g



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# Kitchen notes

Nutrition advice, cooking tips and product picks for your pantry.

## Reader tip of the month

When preparing Indian curries, add a few slices of ginger at least five minutes before you take the dish off the heat. This not only adds depth, and flavour to the dish, but also helps with relief from acidity or heart burn related problems.

*- Hannah Joji*

**Got a great tip you want to share?**
Get in touch with us on facebook or twitter

## IT'S ALL GREEK!

Gyros, spanakopita (spinach pie) and mastic ice cream – we do love our Greek food, but how do you make all these divine delicacies without the right ingredients? Lucky for us, an online retail shop, specialising in Greek produce, has just opened up. Zois Fine Food is the place to buy everything from dark chocolate with mastic oil, and organic beans and legumes, to tahini, baklava varieties, pasta, vinaigrettes and sauces, olive oil, and honey with honeycomb. You can also find authentic recipes – think Traditional Arosis Greek bean soup, and cheese soufflé – on their site. The Dubai-based company offers free delivery for a minimum order of Dhs100, free delivery in Abu Dhabi (on Wednesday) and Fujairah (on Sunday). Visit www.zoisfinefood.com.



## SMART FOOD SWAPS



235 calories
1 slice of chocolate cake with chocolate frosting

**Swap for**



201 calories
3 oatmeal cookies

**or**



143 calories
1 crumpet with lemon curd

**or**



196 calories
100g of fruit crumble

## MARINATING 101



**We all know marination adds oomph and flavour to food, but to to get the most flavour out of your proteins, you need to marinate it for the right amount of time. Here's a handy guide:**

**Fish and shrimp:** 15-30 minutes
**Tofu:** 20 minutes to 12 hours
**Chicken:** 30 minutes to six hours
**Lamb and beef:** four to 12 hours

Compiled by NICOLA MONTEATH | Photographs SUPPLIED; SHUTTERSTOCK.COM

### Health update>

## MAD ABOUT MATCHA

**This fine, powder – which was traditionally used in Japanese tea ceremony rituals – is a form of green tea that's now also popular as a superfood topping for porridge, yoghurt, salads and innovative desserts. Why? Matcha is made from nutrient-rich young leaves packed with antioxidant properties. It helps boost cognitive functioning, and increases energy levels – a bowl of matcha green tea can boost levels for up to six hours! Apart from all of this, it increases metabolism levels and helps burn body fat quicker, aids detoxification because of the high chlorophyll content, and has Vitamins A and C, iron, protein, and calcium. An acquired taste, matcha has quite an earthy flavour, with a lingering sweetness.**

## Look what we found! 3 great new products for your kitchen



Master the art of coffee with the De'Longhi Primadonna S fully automatic coffee maker, which has a memory function and a cup warmer too! Dhs6,495 at Jashnmal stores.



Mcvitie's digestive biscuits are now available as bars! Try them in original, chocolate, and chocolate-caramel flavours, when you're feeling peckish. Dhs1, at all supermarkets.



Carry your on-the-go drinks in these new Lifefactory high quality glass bottles encased in medical-grade silicone sleeves to make them ultra durable. Available in cute colours and three cap styles including straw and flip-top, from Dhs80, at Organic Foods & Café.




**Blood orange, blossom & pomegranate cake, recipe p68**

# Citrus sunshine

Vibrant fruits like blood oranges are a joy at this time of year. Here are our favourite ways to brighten up cooking with these zingy citrus beauties. Recipes SARAH COOK Photographs PHILIP WEBB

Food styling SARAH COOK | styling LUIS PERAL | Wine notes SARAH JANE EVANS MW

# Sticky orange chicken with parsnips, maple & pecans

**SERVES** 2 **PREP** 25 mins **COOK** 1 hr 5 mins

EASY FOLATE FIBRE VIT C 2 OF 5 A DAY

**2 blood oranges, 1 juiced, 1 thickly sliced**
**3 tbsp maple syrup**
**2 tbsp olive oil**
**2 tbsp Sherry vinegar**
**1 tbsp wholegrain mustard**
**1 tbsp cranberry or redcurrant jelly, melted**
**2 parsnips, quartered, peeled and the core cut out and discarded**
**4 chicken thighs, skin on**
**140g small shallots, left whole but peeled**
**2 thyme sprigs, broken up a bit**
**25g pecans, barely chopped**
**Mixed leaf salad or wilted spinach and some cooked rice, to serve (optional)**

**1** Heat oven to 180C/160C fan. Juice 1 of the oranges and whisk together with the maple syrup, olive oil, vinegar, mustard and cranberry jelly. Cut the parsnips into chunky lengths. Put the parnips, chicken thighs and shallots in a roasting tin – make sure everything can sit in a single layer but quite snug. Drizzle over half the orange sauce with some seasoning and toss to coat everything. Roast for 35 mins.

**2** Remove the tin from the oven and poke the orange slices in among everything. Scatter over the thyme and drizzle over the rest of the orange sauce. Roast for another 15 mins until the chicken is tender and cooked through, and everything is sticky and golden. Mix in the pecans and cook for another 5 mins. Serve straight away, remembering to scrape out all the sticky juices from the tin, and eat with a mixed leaf salad or some wilted spinach, plus a little rice to soak up the sauce, if you like.

**PER SERVING** energy 656 kcals • fat 28g • saturates 4g • carbs 52g • sugars 40g • fibre 14g • protein 42g • salt 1.0g »



## Blood orange, blossom & pomegranate cake

**SERVES** 8-10 **PREP** 35 mins
**COOK** 1 hr 45 mins
A LITTLE EFFORT | VIT C

**6 blood oranges, 3 whole, juice of 3**
**250g pack butter, softened**
**50g clear honey, plus 2 tbsp**
**300g golden caster sugar**
**200g self-raising flour**
**100g ground almonds**
**1 tsp baking powder**
**4 large eggs**
**1 tbsp orange blossom water, plus 1 tsp**
**140g full-fat Greek yoghurt, plus extra to serve**
**1 small pomegranate, halved**

**1** Cover 1 of the whole oranges with water in a saucepan and bring to the boil for a couple of mins. Get rid of the water and start again, this time simmering for 40 mins until the orange is really soft. When cool enough to handle, cut in half and remove all the pips. *Can be done 1 day ahead.*
**2** Heat oven to 180C/160C fan and grease a 22cm round cake tin with a knob of the butter. Drizzle the 2 tbsp of honey over the base of the tin, then slice the remaining 2 whole oranges and arrange the slices over the honey.
**3** Put the boiled orange in a food processor and whizz to a purée. Beat the softened butter, 200g of the sugar, the 50g honey, the flour, almonds, baking powder, eggs, 1 tbsp orange blossom water and yoghurt until smooth. Stir in the puréed orange and scrape into the tin, being careful not to dislodge the fruit. Bake for 55 mins until a skewer poked into the centre comes out clean. Cool the cake for 10 mins in the tin, then turn out onto a serving plate.
**4** Tip the blood orange juice, the remaining sugar and 1 tsp orange blossom water into a saucepan. Bubble for 5 mins until the syrup has thickened slightly. Remove the pomegranate seeds and stir them into the syrup while it cools. Enjoy the cake slightly warm or at room temperature, with spoonfuls of thick Greek yoghurt and drizzled with syrup.

**PER SERVING** (10) energy 559 kcals • fat 30g • saturates 15g • carbs 61g • sugars 46g • fibre 3g • protein 9g • salt 0.8g



## Roasted carrot, spelt, fennel & blood orange salad

**SERVES** 6 **PREP** 35 mins **COOK** about 25 mins
EASY | V | FOLATE | FIBRE | VIT C | IRON | 1 OF 5 A DAY | GOOD 4 YOU

**400g spelt**
**1 vegetable stock cube**
**4 tbsp extra virgin olive oil**
**400g baby carrots, scrubbed**
**3 blood oranges, 2 zested and 1 juiced**
**1 tbsp olive oil**
**2 tsp clear honey**
**2 fennel bulbs, thinly sliced**
**4 tbsp red wine vinegar**
**1 small red onion, finely chopped**
**Large bunch of parsley, chopped**
**70g pitted, dry black olives or 85g couchillo (the very small black ones) or Kalamata olives**
**Handful of parsley, chopped (optional)**

**1** Heat oven to 200C/180C fan and cook the spelt with the stock cube following pack instructions – don't overcook it, as it should still have a little nutty bite. When the spelt is done, drain it very well and toss on a platter with 1 tbsp of the extra virgin olive oil to stop it from sticking together too much.
**2** Meanwhile, toss the carrots with the olive oil, blood orange zest and some seasoning in a roasting tin, then roast for 15 mins. Carefully stir through half the honey with the fennel. Continue roasting for another 10 mins, then cool for 5 mins. Cut away the pith and peel from the 2 zested oranges, then roughly chop or slice.
**3** Whisk together the remaining extra virgin olive oil, 1 tsp honey, red wine vinegar and the blood orange juice with some seasoning. Scrape the roasted carrots and fennel plus any cooking juices on top of the spelt, along with the orange chunks, red onion, herbs and olives. Drizzle over the dressing and toss everything together well. The salad will happily hold at room temperature for a few hours, but the spelt will soak up the dressing – so if you're making it ahead, add half the dressing when assembling and stir through the rest just before you serve it. As you serve, stir through the parsley, if you like.

**PERSERVING** energy 394kcals • fat 13g • saturates 2g • carbs 49g • sugars 13g • fibre 14g • protein 12g • salt 0.9g



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## Blood orange muffins

**MAKES** 12 **PREP** 20 mins **COOK** 12-15 mins EASY

**5 tbsp light rapeseed or sunflower oil, plus a little extra for greasing**
**300g self-raising flour**
**175g golden caster sugar**
**1 tsp baking powder**
**2 tbsp poppy or chia seeds**
**200ml milk**
**1 large egg**
**Zest of 2 blood oranges, juice of 2½**
**140g granulated sugar**

**1** Heat oven to 200C/180C fan and lightly grease a 12-hole muffin tin. Mix together the flour, caster sugar, baking powder and poppy seeds in a large mixing bowl. In another bowl, whisk together the oil, milk, egg, and zest and juice from 1 of the oranges.
**2** Working very quickly, pour the wet ingredients into the dry and barely mix together with a fork – the mixture should be lumpy, so don't overwork it. Spoon the mixture into the tins and bake for 10-12 mins until risen and browned.
**3** While the muffins are baking, mix the remaining zest with the granulated sugar in a small bowl. Have the remaining blood orange juice ready too.
**4** Leave the muffins to cool for 2 mins, then transfer to a wire rack. Again working quickly, pour the juices into the sugar mix and spoon some over each muffin, repeating until it is all used up. Leave to set for 5 mins before eating.

**PER MUFFIN** energy 258 kcals • fat 6g • saturates 1g • carbs 46g • sugars 28g • fibre 1g • protein 4g • salt 0.4g



## Blood orange & chilli marmalade

**MAKES** 5 jam jars **PREP** 45 mins **COOK** 50 mins
A LITTLE EFFORT V LOW FAT GLUTEN FREE

**5 blood oranges**
**8-10 red chillies**
**5 red peppers, deseeded and roughly chopped**
**900g jam sugar (the kind with added pectin)**
**8g sachet pectin (we used Tate & Lyle)**
**500ml white wine vinegar**

**1** Pare the oranges using a vegetable peeler, getting as little of the white pith on the strips of zest as possible – trim any off after with a knife. Finely slice the zest and put it in a preserving pan or a wide, deep pan. Peel what's left of the oranges, then roughly chop the flesh, removing and saving the pips as you go.
**2** Halve and deseed all the chillies. If you like your chutney with a kick, reserve the seeds from 2 of the chillies for later. Put the chillies and peppers in a food processor with the orange flesh and pulse until everything is really finely chopped. Tip into the pan along with the sugar, pectin and vinegar.
**3** Heat the pan gently until the sugar has fully dissolved. Meanwhile, put the blood orange pips into a tea infuser or tie into a muslin pouch that you can add to the pan too. Put a small saucer in the freezer. Bring the mixture to a vigorous boil and bubble for 40 mins, then turn off the heat.
**4** Spoon a little of the marmalade onto the chilled saucer. If after a minute it wrinkles when pushed with your finger, it's ready. If it's not, boil for another 2 mins, then repeat the test and keep going until it is ready. Stir the reserved chilli seeds into the marmalade, if using, at this point. Let the mixture cool for 20 mins, remove the pips, then ladle into sterilised jars. *Will keep in a cool, dry place for 6 months.*

**PER TBSP** energy 31 kcals • fat none • saturates none • carbs 8g • sugars 8g • fibre none • protein none • salt none »

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## Blood orange tart

**SERVES** 10-12 **PREP** 1 hr plus 2 hrs chilling
**COOK** about 1 hr **A LITTLE EFFORT**
❄ unfilled pastry case only

**4 large eggs, plus 2 yolks**
**175g golden caster sugar**
**200g full-fat crème fraîche**
**Zest 2 blood oranges, plus 300ml juice**
**Juice of 1 lemon**
**A little icing sugar, to dust**
**FOR THE PASTRY**
**250g plain flour, plus extra for dusting**
**120g cold butter, diced**
**100g icing sugar**
**1 large egg, separated**
**1 tsp vanilla extract**
**Zest of 2 blood oranges**

**1** First, make the pastry. Put the flour, butter, icing sugar and 1/4 tsp salt in a food processor and pulse until you can't feel any lumps of butter. Add the egg yolk, vanilla, orange zest and 2 tsp cold water, and pulse again until the pastry starts to clump together in pieces. Tip onto your surface and gently bring together into a ball. Wrap in cling film and chill for 30 mins.

**2** Roll out the pastry on a floured surface to line a 23cm round tart tin, about 3cm deep. Pinch any overhanging excess back down the outside of the tin (to trim after baking), prick the base with a fork and chill for another 30 mins.

**3** Heat oven to 200C/180C fan. Line the pastry with a big sheet of scrunched up baking parchment, then fill with baking beans or rice. Bake for 15 mins, then remove the paper and beans, and bake for another 5-15 mins until golden brown and crisp. Let the pastry cool for 5 mins, then carefully trim the excess pastry with a small, sharp knife. Beat the egg white with a fork, then brush all over the inside and cut edge of the pastry and bake for a further 2 mins – this helps keep the pastry crisp when the wet filling is added.

**4** Remove the pastry case from the oven and lower the heat to 160C/140C fan. For the filling, whisk together the whole eggs and yolks, then sieve into a larger mixing bowl. Whisk in the caster sugar, crème fraîche, orange zest and juice, and lemon juice. Lift the pastry case back into the oven and place on the middle shelf. Using a jug, pour the filling into the tart. Bake for 35 mins until there is just a slight wobble in the centre when you tap the tin. Cool to room temperature, then chill for 1 hr. Lightly dust with icing sugar, then serve.

**PER SERVING** (12) energy 356 kcals • fat 18g • saturates 11g • carbs 41g • sugars 26g • fibre 1g • protein 6g • salt 0.4g GF



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# James Martin's Easter lunch



Enjoy the day with friends, family and this impressive Easter feast from BBC presenter James Martin.

Photographs WILL HEAP



## Spring menu Serves 8

- Smoked trout & radish remoulade tartines
- Herb-crusted leg of lamb with red wine gravy
- Spring greens with bacon
- Brown butter new potatoes
- Lemon & thyme baby carrots
- Rhubarb crumble trifle

Food styling EMILY KYDD | Styling JENNY IGGLEDEN | Wine notes SARAH JANE EVANS MW

## Smoked trout & radish remoulade tartines

**SERVES** 8 **PREP** 25 mins **NO COOK**

EASY OMEGA-3

**200g hot-smoked trout fillets**
**16 small slices of brown bread, lightly toasted**
**Handful of pea shoots, to serve**
**FOR THE REMOULADE**
**4 tbsp good-quality mayonnaise**
**4 tbsp crème fraîche**
**1½ tbsp Dijon mustard**
**1 heaped tbsp capers, roughly chopped**
**Zest of ½ lemon and 2 tsp juice**
**2 heaped tbsp finely chopped dill, plus extra to serve (about 5 sprigs)**
**85g celeriac, peeled and cut into fine matchsticks**
**½ green apple, cut into fine matchsticks**
**100g pack radishes, coarsely grated**

**1** In a large bowl, combine the mayonnaise, crème fraîche, mustard, capers, lemon zest and juice, and the dill. Add the celeriac, apple, radish and some seasoning, then stir well.

**2** Flake the trout into large pieces. Arrange the toasts on a platter, top each slice with a few spoonfuls of the remoulade and some trout. Scatter over a little dill and some pea shoots, then let everyone help themselves.

**PER SERVING** 270 kcals • protein 12g • carbs 30g • fat 12g • sat fat 4g • fibre 5g • sugar 4g • salt 1.9g »

## Want to get ahead?

- Make the crumble topping for the trifle up to three days ahead and store in an airtight container.
- Stud the lamb and sit it on top of the veg in the roasting tin. Chill in the fridge overnight.
- Make the crust mix for the lamb the day before.
- Cook the greens the day before, then run under cold water, drain and chill.
- Poach the rhubarb and make the rhubarb syrup the day before, chill overnight.
- Cook the carrots the day before and make the dressing. On the day, microwave the carrots briefly before stirring through the dressing.
- Toast the bread and make the remoulade up to 2 hrs ahead.



**Herb-crusted leg of lamb with red wine gravy, recipe p78**


Spring greens with bacon, recipe p78
Brown butter new potatoes, recipe p78
Lemon & thyme baby carrots, recipe p78



## Herb-crusted leg of lamb with red wine gravy

"For me, the main event has to be succulent spring lamb. If you're looking for a cheaper option, you could try a shoulder instead of leg. Remember to take the lamb out of the fridge a few hours before cooking so that it comes to room temperature, otherwise it won't roast evenly."

**SERVES** 8 **PREP** 25 mins plus resting **COOK** 2 hrs

A LITTLE EFFORT · IRON

**2.25kg leg of lamb**
**3 small garlic cloves, sliced**
**2 onions, cut into chunks**
**1 carrot, cut into chunks**
**2 tbsp Dijon mustard**
**FOR THE CRUST**
**175g white breadcrumbs (a few days old is best)**
**A small bunch of parsley, finely chopped**
**A small bunch of mint, finely chopped**
**5 rosemary sprigs, leaves finely chopped**
**2 fat garlic cloves, crushed**
**3½ tbsp olive oil**
**FOR THE GRAVY**
**2 tbsp plain flour**
**400ml red wine**
**1 litre pints lamb or beef stock**
**1-2 tsp Dijon mustard**
**Knob of butter**

**1** Heat oven to 220C/200C fan. Use a sharp knife to make little slits all over the lamb, then insert a slice of garlic into each hole. Tip the onions and carrot into a large flameproof roasting tin, then place the lamb on top and season. Pour 250ml water into the base of the tin and roast in the oven for 30 mins.

**2** Meanwhile, make the crust by mixing together all the ingredients and seasoning well. Remove the lamb from the oven and turn the heat down to 190C/170C fan. Brush the lamb all over with the mustard, then pack on the crust in a thick layer – don't worry if any falls in the tin, this will be used in the gravy later (you probably won't use the entire crust, so set aside what's left for later). Return the lamb to the oven and cook for a further 1 hr 30 mins. Check the lamb during cooking and add more water to the base of the tin if it dries out.

**3** Remove the lamb from the tin, cover lightly with foil and leave to rest for 30-40 mins – if covered too tightly, the crust will go soggy. (If you're making the Brown butter new potatoes, below, turn the oven up to 200C/180C fan).

**4** To make the gravy, put the roasting tin with the vegetables still in it directly on the heat and whisk in the flour. Cook for 1 min, then add the wine, scraping any flour from the bottom of the tin. Let it bubble for 1 min, then pour in the stock. Bring to the boil, then simmer gently for 10-15 mins until thickened, stirring in a little of the reserved crust for a thicker gravy. Strain the gravy through a sieve into a pan, discarding the vegetables left in the sieve. Add mustard to taste and stir through the butter. Keep warm until ready to serve.

**PER SERVING** 564 kcals • protein 48g • carbs 25g • fat 27g • sat fat 11g • fibre 3g • sugar 4g • salt 1.5g

## Brown butter new potatoes

**SERVES** 8 **PREP** 10 mins **COOK** 50 mins

EASY · V · GLUTEN FREE

Heat oven to 200C/180C fan. Bring a large pan of salted water to the boil, add **2kg halved new potatoes** and **4 bay leaves**, bring back to the boil and simmer for 10-12 mins until just tender.

Drain the potatoes and leave to steam in a colander. Return the pan to the heat, add **140g butter** and melt gently until it turns a nutty brown colour. Remove from the heat, stir through the potatoes (don't worry if a few break up) and bay leaves, and leave to absorb for a few mins.

Meanwhile, heat a roasting tin in the oven, tip the potatoes in and season well. Roast for 30-35 mins until golden and crisp, turning and basting halfway through. Transfer to a dish and pour over any buttery juices from the tin.

**PER SERVING** 318 kcals • protein 4g • carbs 43g • fat 15g • sat fat 9g • fibre 4g • sugar 3g • salt 0.4g

## Spring greens with bacon

**SERVES** 8 **PREP** 15 mins **COOK** 8 mins

EASY · VIT C · 1 OF 5 A DAY · GLUTEN FREE · P

Bring a large pan of water to the boil, add **700g roughly shredded spring greens (or kale)** and cook for about 5 mins until tender, then drain well.

Meanwhile, heat a non-stick frying pan, add **8 chopped rashers smoked streaky bacon** and cook until crisp. Tip in the greens, toss and warm through. Grate over a little **nutmeg**, season, and serve.

**PER SERVING** 73 kcals • protein 5g • carbs 1g • fat 5g • sat fat 2g • fibre 3g • sugar 1g • salt 0.7g

## Lemon & thyme baby carrots

**SERVES** 8 **PREP** 5 mins **COOK** 10 mins

EASY · V · LOW FAT · 1 OF 5 A DAY · GOOD 4 YOU

Put **1kg baby carrots** in a pan of boiling water and simmer for 8-10 mins or until tender. Meanwhile, combine **2½ tbsp rapeseed oil**, **1½ tsp clear honey**, **zest ½** and **juice 1 lemon**, and the **leaves from 5 thyme sprigs**.

Drain the carrots and return to the pan. Drizzle over the dressing, season well, toss to coat, then transfer to a serving dish.

**PER SERVING** 63 kcals • protein 1g • carbs 6g • fat 4g • sat fat none • fibre 4g • sugar 6g • salt 0.1g

# Rhubarb crumble trifle

**SERVES** 8-10 **PREP** 30 mins plus cooling
**COOK** 40 mins A LITTLE EFFORT 1 OF 5 A DAY

**FOR THE POACHED RHUBARB**
**800g rhubarb, cut into 5cm pieces**
**100g caster sugar, plus 2 tbsp for the whipped cream**
**Pared zest and juice of ½ an orange**
**A few splashes grenadine (optional, this is to ensure that the rhubarb has a lovely pink colour)**
**FOR THE TRIFLE**
**75ml Disaronno**
**Juice of 2 oranges (about 150ml)**
**8 trifle sponges**
**140g mascarpone**
**500g pot vanilla custard**
**600ml pot double cream**
**FOR THE CRUMBLE TOPPING**
**25g butter, softened**
**50g plain flour**
**25g demerara sugar**
**25g whole almonds, roughly chopped**
**50g jumbo oats**

**1** Heat oven to 190C/170C fan. Arrange the rhubarb pieces in a large roasting tin. Sprinkle over the sugar, orange zest and juice, grenadine and 150ml water. Cover with foil and bake for 25-30 mins until tender but not mushy. Scoop the rhubarb out of the tin into a sieve and reserve any juices, then leave to cool completely. Tip the rest of the liquid into a saucepan, along with the collected juices, and bring to the boil. Simmer for 15-20 mins or until reduced and syrupy. Leave to cool completely.

**2** To make the crumble topping, rub the butter into the flour until the mixture resembles fine crumbs, then stir through the demerara sugar, almonds and oats. Tip onto a baking tray lined with parchment and bake for 15 mins, shaking the tray every so often, until golden brown, then cool.

**3** Mix the Disaronno and orange juice together in a shallow dish. Dip each sponge into the liquid, leaving it for about 15 secs on each side, then arrange them in the base of a large trifle dish. Tip the mascarpone into a bowl and whisk until soft and smooth, then add the custard, a little at a time, and mix until combined. Arrange half the rhubarb pieces on top of the sponges, discarding the orange zest. Drizzle over 2 tbsp of the rhubarb syrup and top with half the custard mix. Follow with another layer of rhubarb, 1 tbsp of the syrup, and the remaining custard.

**4** Whip the cream and 2 tbsp sugar to soft peaks and dollop over the custard. Drizzle over the remaining rhubarb syrup, along with a scattering of the crumble topping. Tip any extra crumble into a bowl and pass around the table.

**PER SERVING** (10) 580 kcals • protein 8g • carbs 50g • fat 38g • sat fat 23g • fibre 3g • sugar 36g • salt 0.4g GF



# Mother's pride

Whether you're treating your mum, or helping your child treat theirs to something homemade, there's a tasty bake here that's perfect for the occasion. Photographs DAVID MUNNS, GARETH MORGANS



Mother's day 15 March

## Fruity traybake

**CUTS** into 15 pieces **PREP** 20 mins plus cooling
**COOK** 40 mins EASY un-iced

**175ml vegetable oil, plus extra for greasing**
**175g dark muscovado sugar**
**3 large eggs**
**1 small ripe banana, mashed**
**140g grated eating apples**
**100g grated carrots**
**1 small mango, peeled and cut into small dice**
**zest 1 lemon**
**250g self-raising flour**
**1 tsp bicarbonate of soda**
**1 tsp mixed spice**
**FOR THE ICING**
**225g icing sugar, sieved**
**75g passion fruit or lemon curd**
**75g cream cheese**

**1** Heat oven to 180C/160C fan. Grease and line a 22cm square tin with baking parchment. Whisk the oil and sugar in a large mixing bowl until light and fluffy. Beat in the eggs, one at a time, followed by the banana. Stir through the apples, carrots, mango and lemon zest. Combine the flour, bicarb and mixed spice in another bowl, then fold into the fruit mixture.

**2** Pour the mixture into the tin and bake for 40 mins, until a skewer inserted comes out clean. Cool for 10 mins before turning out onto a wire rack.

**3** To make the icing, beat together the icing sugar, passion fruit or lemon curd and the cream cheese. Spread over the top of the cake and cut into square pieces to serve.

**PER PIECE** 339 kcals • protein 3g • carbs 45g • fat 16g • sat fat 4g • fibre 2g • sugar 33g • salt 0.4gty

Food styling JULIA AZZARELLO | Styling LUCY HARVEY



## Mango crunch cookies

**MAKES** about 14 large or 28 small cookies **PREP** 15 mins plus chilling **COOK** 15 mins plus cooling EASY

**140g butter, at room temperature**
**50g golden caster sugar**
**1 egg yolk**
**1 tsp vanilla extract**
**1 tbsp maple syrup**
**100g dried mango, roughly chopped**
**175g plain flour, plus extra for dusting**
**TO DECORATE (OPTIONAL)**
**200g icing sugar, sifted**
**3 tbsp mango juice**
**sprinkles**

**1** Heat the oven to 180C/160C fan. Place the butter and sugar in a food processor and blitz until smooth and creamy. Add the egg yolk, vanilla, maple syrup and mango. Whizz to blend in and chop the mango a little more finely. Add the flour and briefly blitz to form a soft dough. Turn out onto a floured surface and shape into a ball. Chill for 20 mins.
**2** Using a rolling pin, roll the cookie dough to about 3mm thickness on a lightly floured surface, then cut out biscuit shapes with a 10cm cutter for large, or a 5cm cutter for smaller cookies.
**3** Transfer to a baking tray lined with baking parchment, and cook for 12-15 mins or until lightly golden and firm. Remove and leave to cool on a wire rack.
**4** If decorating, mix the icing sugar with the mango juice to make a runny icing. Drizzle or spoon the icing over the biscuits, then add the sprinkles if using, and leave to set.
*Will keep in a biscuit tin for up to 1 week.*

**PER COOKIE** (14) 156 kcals • protein 2g • carbs 17g • fat 9g • sat fat 5g • fibre 1g • sugar 8g • salt 0.2g »

# White chocolate & raspberry cake

**CUTS** INTO 8-10 slices **PREP** 20 mins plus cooling
**COOK** 25 mins EASY un-iced

**200g butter, chopped into small cubes, plus extra for greasing**
**100g white chocolate, broken into pieces**
**4 large eggs**
**200g caster sugar**
**200g self-raising flour**
**175g raspberries, fresh or frozen**
**FOR THE GANACHE**
**200g white chocolate, chopped**
**250ml double cream**
**A little icing sugar, for dusting**

**1** Heat oven to 180C/160C fan. Grease and line the base of 2 x 20cm round, loose-bottomed cake tins. Put the butter and chocolate in a heatproof mixing bowl, set over a pan of barely simmering water and allow to melt slowly, stirring occasionally.
**2** When the butter and chocolate have melted, remove from the heat and allow to cool for 1-2 mins, then beat in the eggs and sugar with an electric whisk. Fold in the flour and raspberries.
**3** Gently pour the mixture into the tins and bake for 20-25 mins or until golden brown and a skewer inserted into the centre comes out clean (the raspberries may leave a residue on the skewer, so don't be fooled by their juiciness). Remove the cakes from the oven and allow to cool in the tins for 10 mins before turning out onto a wire rack.
**4** To make the ganache, put the chocolate in a heatproof bowl with 100ml of the cream, set over a pan of barely simmering water. Stir until the chocolate has melted into the cream and you are left with a smooth, glossy ganache. Leave the ganache to cool to room temperature, then beat in the rest of the cream.
**5** When the cakes have cooled, sandwich them together with the chocolate ganache. Dust with icing sugar just before serving.

**PER SLICE** (10) 540 kcals • protein 7g • carbs 52g • fat 34g • sat fat 20g • fibre 1g • sugar 39g • salt 0.7g






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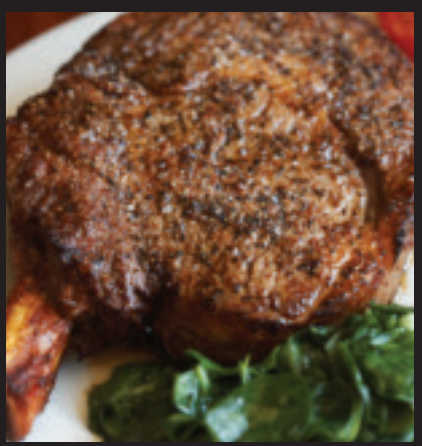
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# Gourmet Lifestyle

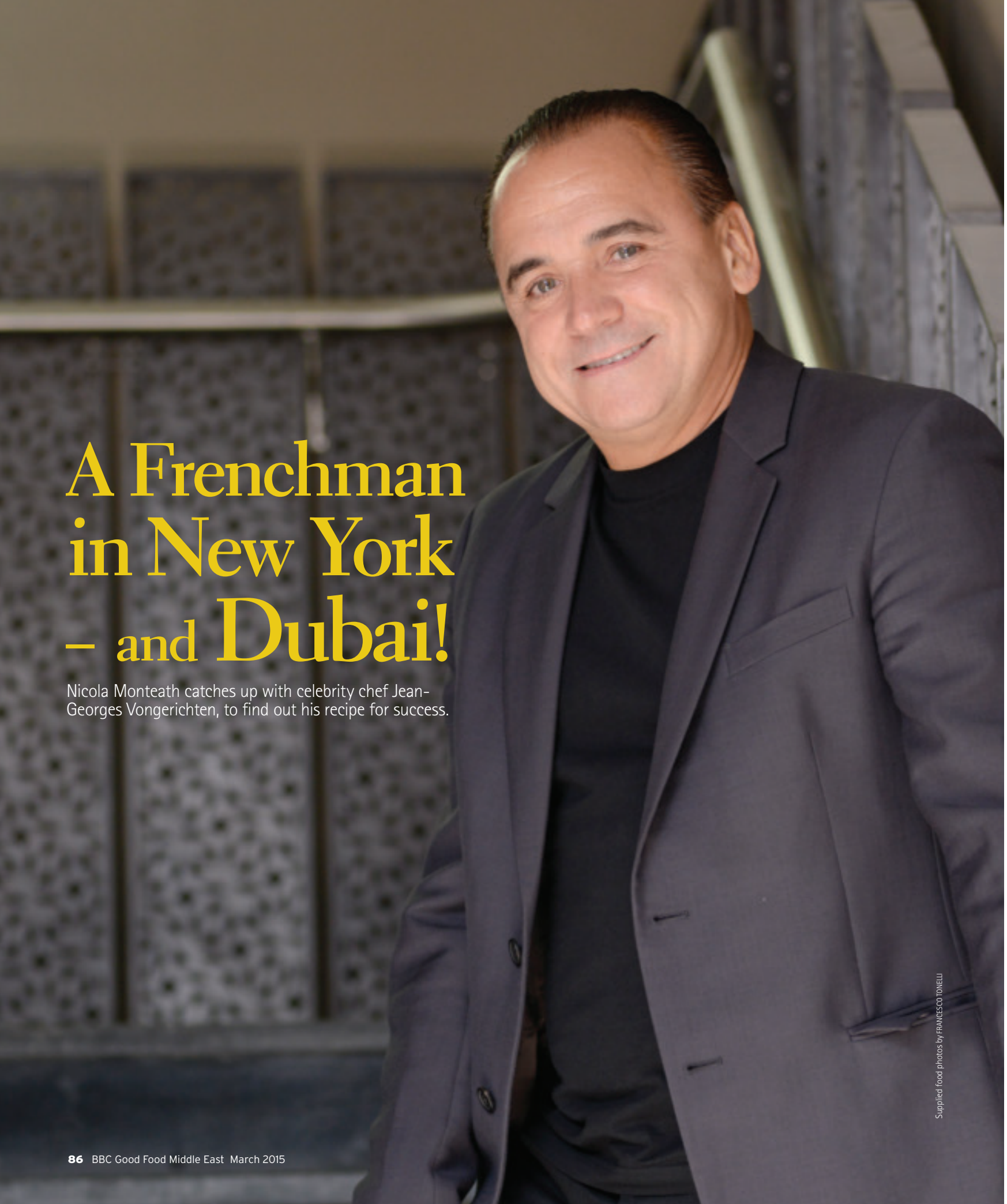
Travel, global cuisines, health, interviews, kitchens and more






## IN THIS SECTION


✶ A tête à tête with Jean-Georges Vongerichten, **P86** ✶ Learn how sustainable farming can help with water scarcity issues, **P91**
✶ Get design inspiration from a pro's kitchen, **P96** ✶ Europe's smaller cities make for great foodie destinations, **P100**



# A Frenchman in New York – and Dubai!

Nicola Monteath catches up with celebrity chef Jean-Georges Vongerichten, to find out his recipe for success.

Supplied food photos by FRANCESCO TONELLI

The dapper Alsatian chef, Jean-Georges Vongerichten, had just stepped off a flight from Japan when we met with him. Yet, he was wide awake and as enthusiastic as an energiser bunny (jetlag, perhaps?), eager to show us the development of his new restaurant at the Four Seasons Resort Dubai at Jumeirah Beach.

A typically charming French man, with a contagious smile, thick accent, and effortless style, he clearly has a real passion for food – after all, he has been in the industry for 40 years! Add savvy businessman and restaurateur to the mix, and you'll still be amazed at how down to earth the chef is. Married to cookbook author, TV personality and chef Marja (from Kimchi Diaries), the family man has three children – Louise, Chloe and Cedric; both Louise and Cedric are in the culinary field as well.

Jean-Georges has over 25 restaurants all over the world, including renowned brands like Jean Georges, Spice Market, and ABC Kitchen in cities like New York, Las Vegas, Bora Bora, and Paris, some of which have received three Michelin stars. The chef's entry to the Middle East was with Spice Market and the award-winning Market by Jean-Georges at W Doha, with the first Dubai outpost of Jean-Georges set to open this month.

Known for being extremely hands-on in all his projects, Jean-Georges gets involved with not just the menu and chefs' training, but all the little details down to tiles and paints – he couldn't wait to show us around the work-in-progress venue, still packed with workers and construction materials. We got an exclusive first-look as well as got to chat to him about the life-changing factors that shaped his climb to the top.

**We're very excited about you finally opening up shop here. Tell us a little bit about the concept.**

It's going to be two restaurant concepts in one, a business lunch and fine dining dinner venue on one side, and on the other casual side, we will offer the best of what we have in New York. On the casual side, we will have a wood-fired pizza oven. I want to show the people who come here that they get a 100 per cent of me. I want them to get that from the plates, glass, and silverware they touch, or seats they sit on. It all has my personality in it, as I want to give the full experience to people. We will be serving shisha as well, as I think it is part of the culture here. When I came here and saw the way people dine and go out, I thought it was very classy. The shisha will be a unique experience too though – there's nothing simple about it, and it will be Jean-Georges style. You know, it's easy to write a menu, but a restaurant is much more than that! This one will be an experience, and I'm excited about it.

**A DAY IN JEAN-GEORGE'S LIFE**

"It comprises of meetings, lunch with my brother and business partner, Phil Suarez, and a bite at the restaurant or at home with my wife, Marja, and daughter, Chloe, before some much needed sleep."

*"When I went to Bangkok, I was 23, and I felt like Christopher Columbus coming into a new continent. Asian cuisine changed my life, it is who I am today!"*

**Why now and here?**

It's important to find the right location. I like this area a lot because it's very residential. I want to work with the locals as well, to bring my food to the community.

**Speaking of community, will you be making a few tweaks to the menu to entice the local palate?**

Yes, I'm changing the menu a little bit for the market. I'm working on a platter which will have hummous, and baba ganoush, but with different flavours. I feel people like the sharing concept here. Apart from this, we also have a lot of other sharing dishes like pizza, and truffle fontina.

**From France to New York, and now Dubai – tell me, how did you break into the industry?**

It was a mistake – I didn't dream about being a chef as a child. My parents had a coal company back home in Alsace, which was four generations old. I was the oldest boy and was supposed to take over the family business, so was sent to an engineering school when I was 15. I hated it though, and didn't want to learn the craft. I got thrown out after six months because of bad attendance, and being so repulsed by it. My father was obviously very upset, and I didn't know what to do with myself. But then for my 16th birthday, we went to a 3 Michelin-star restaurant, Auberge de l'Ill. Back in the 70s, people only went out on occasions, and we were a large family of 12, so it was a big deal. I was absolutely stunned with the way the waiters moved, and the food was amazing – I didn't know you could make a living out of food! My father saw that, and when the chef came over, he joked and said, my son is good for nothing, maybe he can help you wash dishes or peel vegetables, and the chef said indeed, because they were actually looking for an apprentice. I started after a week, and have loved every minute of it since, for the past 40 years.

**Did you go to culinary school?**

I actually got an apprentice scholarship. I worked at the restaurant for four days, and then went to school for two days. I ended up being the best apprentice in France as well. It's funny, I went from being the worst guy in school, to the best apprentice. I found my passion at 16! After that, I went to the South of France to work at L'Auberge du Pont de Collonges with Paul Bocuse. The experience was amazing, and after eight years of being in France, I went to Asia, and worked for one month in Hong Kong, one month in Singapore, and six months in Japan. Going there changed my life!

**How exactly?**

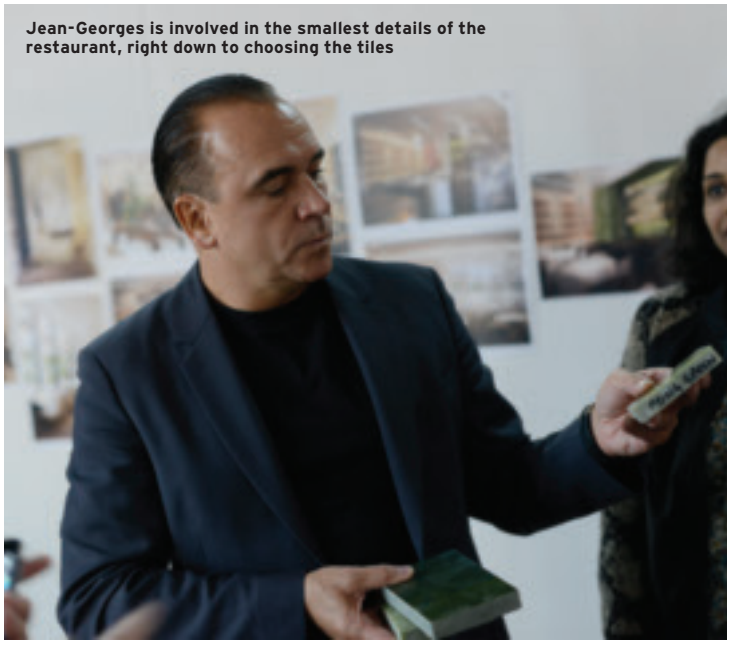
When I went to Bangkok, I was 23, and I felt like Christopher Columbus coming into a new continent. I remember when the plane door opened, I knew I was somewhere else. The aroma resembled a paradise of spices. Thailand has one of the best aromas of the world, and it was a total revelation. Asian cuisine changed my life. It's who I am today!

**What in particular about Asian cuisine makes it so special for you?**

I remember seeing ginger, chillies, lemongrass, and I didn't know what a lot of these ingredients were. When I discovered it, I started blending it with French cuisine. I like that the first bite (of any Asian dish) is as exciting as the last! I would never put a dish on the menu if it wasn't.

**You're a French chef, based in US, who serves a combination of French and Asian cuisine. Do you still manage to retain your 'French'ness?**

In New York, everyone grew up with Chinese food, just like how in the UK everyone did with Indian food. So everyone was used to the flavours already. >>



Jean-Georges is involved in the smallest details of the restaurant, right down to choosing the tiles



Jean-Georges gives Nicola an exclusive sneak preview tour of the restaurant site

I love New York for its diversity. You can have excellent, authentic food from various cultures. Back in 1986, when I started blending cuisines, people went crazy – it was a new thing. I think over the years, my 'Frenchness' has gone down. The dishes were 60 per cent French about 20 years ago, but now it's gone down to about 30 per cent.

**How important is receiving a Michelin star to you?**

A Michelin star is something I grew up with. First at the restaurant I was an apprentice at – which had three – and then at Paul Bocuse's restaurant. I worked at three-star Michelin restaurants before going to Asia, and when the stars finally came to New York, I said 'wow I'd like to get it' and I did! It's a nice ego boost, but it's very tough to get it as well. They look for consistency more than anything else, but I'm very disciplined. It's important to be consistent with your food, because sometimes people come back and expect that same dish. We pre-measure everything to make sure it's always consistent. A lot of food, after two-three bites, becomes boring. Most of the food in the world is like this, because a lot of chefs don't eat their own food – they taste a little, but that's it. I never put a dish on the table before eating it from A-Z. I test the acidity, spices, seasoning. A lot of chefs do pretty plates, and are very creative in terms of looks, but you can't put a dish on a menu if you don't eat it. You just have to.

**You have written numerous cookbooks and appeared on TV shows as well. What's next on the horizon?**



Going through the blueprint of the restaurant

I've done five cookbooks, and I'm working on an ABC kitchen cookbook. It's all about local produce, and will release next September. We are also opening another organic, vegetarian restaurant in New York soon.

**What is the most important piece of advice you would give upcoming chefs?**

My advice to young chefs would be to look for adventure. We don't invent new food groups anymore. You have chicken, game, turkey, there's no new birds coming in. It's the same with meat and seafood. So the role of a chef should be to take the best chicken and make it new with their own flavours and combinations. Technique is as important, as it's a modernistic way of living. But on normal days, people want to eat things like a delicious roasted chicken, or stew or curry. Take these, and bring something new to the table. It's also important for chefs to keep learning and exploring. Today, a lot of cooks don't travel because everything is available on the internet. I had to buy books, and travel to find out where black pepper came from – I went to Cochin, to a black pepper plantation where I saw women buying pepper. There was no internet back then, but it made me learn. I think for a young cook today, it's so much easier to learn things, but you miss that great adventure.

## SIGNATURE RECIPES



### Sirloin steak ginger mushrooms, broccolini and soy caramel sauce

**SERVES** 4 **PREP** 30 mins **COOK** 20 mins A LITTLE EFFORT

**4 (170g each) sirloin**
**16 pcs broccolini**
**14g butter**
**FOR THE SAUCE**
**500ml light soy sauce**
**175ml rice vinegar**
**3 shallots, sliced**
**6 garlic cloves, sliced**
**1 tbsp black peppercorn**
**2 tbsp honey**
**125g butter**
**A pinch of salt**
**A pinch of pepper**
**A drizzle of lime juice**
**FOR THE SHITAKE GARNISH**
**250g medium shitake mushrooms, diced**
**14g butter**
**1 tbsp ginger, brunoised**
**180g enoki mushrooms, cut 1/4 inches long**
**2 tbsp chive, cut 1/4 inches long**

**1** To make the sauce, simmer all ingredients (except salt, butter, lime juice and pepper) on a stove, and reduce by about 1/3. Set aside to cool overnight and then strain. Heat ½ cup of the sauce and whisk in the butter. Season with salt, pepper and lime juice. Keep warm until serving
**2** Sauté the shitake and ginger in butter until caramelised. Add the enoki mushrooms and toss until they wilt. Add the chives and season.
**3** Season the sirloin and cook to desired temperature. Layer the mushroom mix on top (it should be about a ½ inch thick layer).
**4** Cook the broccolini in salted boiling water. Drain and season with butter, salt and pepper. Distribute the broccolini among 4 plates, and top with the mushroom covered steaks. Pour the sauce over and serve.

**PER SERVING** 843 kcals • protein 59g • carbs 29g • fat 44g • sat fat 13.6g • fibre 5g • sugar 26g • salt 15g



### Egg caviar

**SERVES** 4 **PREP** 30 mins **COOK** 5 mins MORE OF A CHALLENGE

**4 eggs**
**1/4 tsp salt**
**Pinch of cayenne pepper**
**2 tbsp butter**
**1 tsp beluga, osetra or sevruga caviar, or salmon roe**
**FOR THE CREAM**
**118ml whipping cream**
**1 tsp vodka**
**1 tsp lemon juice**
**1/4 tsp salt**
**Pinch of cayenne pepper**

**1** Make a large whole at the top of the egg shell with an egg topper, and remove the liquid from inside carefully. Scramble the eggs with butter, whisking constantly until the egg is lightly curdled. Season with cayenne pepper.
**2** Boil the egg shells in water, and gently remove the skin from inside the shell. Place the scrambled eggs back into the shell.
**3** Whip cream to a stiff peak. Season with salt and pepper, and finish with vodka and lemon juice. Place into a piping bag and set aside.
**4** Pipe the whipped cream around the top of eggshell filled with the scrambled egg. Top with a spoon of caviar, and serve.

**PER SERVING** 188 kcals • protein 8.7g • carbs 0.4g • fat 16.2g • sat fat 8.8g • 0.4g sugar • salt 1.3g 5F

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Legends



# More crop per drop

The world celebrates World Water Day on March 22. As the planet grapples with water shortages, Danielle Nierenberg, president of Food Tank, a UN-supported non-profit body advocating for sustainable food systems, weighs in on how improved agricultural practices could help manage water resources better.

According to the Organization for Economic Cooperation and Development (OECD), 47 per cent of the population could be living under severe water stress by 2050. "The world is thirsty because it is hungry," reports the U.N. Food and Agriculture Organization (FAO). We all consume around 3,800 liters of water every day and 92 per cent of that is used to produce the food we eat, making sustainable practices and reducing water consumption in food, also known as 'virtual water', ever more necessary.

Water and agriculture are inextricably interlinked and inter-dependent. Agriculture is a major user of both ground and surface water for irrigation—accounting for about 70 per cent of water withdrawal worldwide.

Europe uses, on average, 44 per cent of water for agricultural use. In the United States, agriculture accounts for around 80 per cent of consumptive water use, with Western US states, such as California, over 90 per cent of water being used for agricultural purposes. California is also facing the worst drought since records began, 100 years ago—approximately 95 percent of the state remains in a drought, with about 23 percent experiencing 'exceptional' drought.

Modern irrigation practices, including centre pivot irrigation systems (also called circle irrigation, in which crops are watered by a rotating sprinkler), can help improve crop productivity and yields. Unfortunately, irrigation is also the source of excessive water depletion from aquifers, erosion, and soil degradation. But using rainwater harvesting, zai pits (a system invented in Africa in which manmade pits are dug in dry agricultural areas where small amounts of organic material are placed, to enable more efficient utlisation of nutrients by plants, and also to collect rain water), micro-irrigation (a localised irrigation method in which water drips slowly to the roots), bottle irrigation (drip irrigation using bottles), gravity drip buckets (another way of facilitating drip irrigation), rotational grazing systems (where livestock are moved to different pasture areas regularly to enable the pasture to re-grow), and other water-saving practices can all help create diverse landscapes, supporting wildlife and the local culture.

## A GLOBAL EFFORT

But all over the world, farmers are using innovative practices to utilise water more efficiently and in lesser quantities to produce more nutritious foods. And eaters can profoundly reduce water waste and consumption through the food choices they make each day.

In Syria, in the four regions hit hardest by groundwater shortages, the FAO helped the Ministry of Agriculture improve irrigation technology and management techniques. The project benefited 2,750 farmers by providing drip irrigation systems and training farmers on their installation. Drip irrigation saves both water and fertiliser inputs by allowing water to drip slowly through a network of tubing to the roots of plants. And it's something that can be used on both small large farms all over the world.

Drip irrigation was also introduced on Cape Verde, helping boost the island's horticultural production from 5,700 tons to 17,000 tons over an eight-year period. And now more than 20 per cent of the country's irrigation has been converted to drip irrigation. Rethinking crop production has helped conserve water resources as well—farmers on the island converted their sugar cane plantations, which are water-intensive, to more diverse crop production, including cultivating peppers and tomatoes, that require less resources and are more suitable to the region's climate.

In parts of the Middle East and Spain, farmers have started reusing drainage water from urban areas mixed with groundwater for supplying water to crops. And in California, agricultural waste water from irrigating crops is being reclaimed and treated for reuse, benefiting the environment by avoiding discharge of chemicals into surface water and helping retain soil nutrients by preventing them from being washed away with the run-off water.

Across India, the Watershed Organization Trust (WOTR) regenerates watershed communities by harvesting rain water, organising communities to sustainably manage the land, optimising irrigation, and planting crops based on water availability. WOTR has reached more than 300,000 people in 300 villages, rejuvenating 200,000 hectares of land.

It's not just about state-level initiatives to conserve water however, each and every one of us can do our bit. Consumers can all do their part to save water through food, by incorporating more native foods into their diets, eating more locally grown foods and less meat, steaming vegetables rather than boiling them, reducing food waste, reconsidering lawn and garden irrigation methods, and supporting family farmers that use less water intensive practices.




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Skip a trip to the supermarket, and head to one of these bustling markets next weekend to interact with farmers, and shop for fresh, local produce.

## FARMERS' MARKET ON THE TERRACE

**The Gardens, Jumeirah Emirates Towers**

***Fridays, 9am to 1pm***

Baker and Spice, pioneers of the local and organic movement, and farmers' markets in Dubai, are the people behind this market which supports local and organic produce from the region. Thriving in its location at the Jumeirah Emirates Towers boulevard area, here you can get everything that's in season – from leafy greens and kale, to pumpkin, tomatoes and onions, at affordable prices. The only true farmers' market, this is where you can interact with the actual farmers to find out how to pick the best produce on offer. There's also organic eggs, homemade food products from Baker and Spice, such as jams, chutneys and freshly baked breads on offer. We can't think of a better way to spend an early Friday morning in the winter sunshine! *Call 04-4279856.*

## ORGANIC POP-UP MARKET

**Comptoir 102, Jumeirah Beach Road**

***Saturdays, 11am to 1pm***

This eclectic French boutique and café – set up in a spacious villa-style space in Jumeirah – hosts a pop-up market every Saturday, where fresh produce, and organic free-range eggs from Greenheart Organic Farms are on offer. Stock up on your weekly produce, and head into the boutique for unique fashion finds, tableware, and home décor. A nutritious juice or smoothie, raw, vegan dishes, and desserts from the in-house café make for the best ending to your weekend shopping spree. *www.comptoir102.com.*

## DUBAI GARDEN CENTRE'S FARMERS' MARKET

**Sheikh Zayed Road**

***Saturday, 9am to 1pm***

Tucked away behind the hardware section, you will find this market featuring not only a wide variety of seasonal, organic fruit and vegetables, fresh fish, organic meat and an antipasti stand – all from Organic Foods and Café – but also a petting zoo and ponies! There's an outlet of second-hand bookshop House of Prose here as well, so when the little ones are at play, head there for some new reading material, before sitting down at the café for freshly made tandoori chicken, quiche, or fatayer and manakeesh from the wood-fired oven. *www.organicfoodsandcafe.com/farmers-market.* >>



**The Comptoir 102 market offers a cosy, intimate vibe**

TEXT NICOLA MONTEATH | Photographs SUPPLIED, SHUTTERSTOCK


The Market at the Beach is a fun, family-friendly destination on a Saturday


Who knew so much produce is available locally?


The Ripe market has a bustling, busy atmosphere

## RIPE MARKET

**NYLA House on Al Wasl Road, Gate 1 at Zabeel Park, Al Barsha pond park, The Collection, The St. Regis Saadiyat Island Abu Dhabi, and Al Majaz Waterfront Sharjah**
***Various days of the week***
Much more than just a fruit and vegetable market, Ripe, offers not just fresh produce from the Ripe shops, but also a platform for local designers and artists to showcase their work. Walk through this vibrant, family-friendly market, while looking for restaurants to eat at – everything from food trucks to gourmet ice cream is on offer – and enjoy tunes from buskers, as you laze around on the benches, or grass patch. The produce shopping here is limited to the Ripe Shop, where their popular veg boxes and other fruit and veg are available. The markets also take place on selected days at Saadiyat Island in Abu Dhabi, NYLA House (a fitness studio) terrace, and there is a night market at the waterfront in Sharjah, and the Al Barsha pond park on Tuesdays and Saturdays respectively (4pm-9pm). *www.ripeme.com*.

## THE MARKET AT THE BEACH

**The Beach, Jumeirah Beach Residence**
***Saturdays, 10am to 8pm***
This all-day market is ideal for those who don't want to wake up early, as it goes on till late in the evening. Not only can you shop for produce from local farms like Organiliciouz, Organic Oasis and IGR farms – think beetroot, radishes, kale, bell peppers, zucchini, eggplant and lots more – but you can also pick up locally made goodies such as handmade soaps, as well as gourmet food products and quirky home décor products. Plus you can also tuck into freshly prepared barbecue, karak, and desserts like kunaffeh from food carts on-site. But, because of the popularity of the location, be prepared for traffic delays. *www.thebeach.ae*.

## BLUE PLANET, GREEN PEOPLE

**Cluster U, Jumeirah Lakes Towers**
***Friday, 10:30am to 2pm***
The Jumeirah Lake Towers area comes alive with this market, held by the organic fruit and vegetable store located in the vicinity. Buy a wide range of fruit and vegetables sourced from local farms, dairy products, eggs, and knick-knacks. *www.blueplanetgreenpeople.com*.

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MY KITCHEN

# Thane Prince

Cookery writer Thane Prince gives Holly Brooke-Smith a tour of her kitchen.

Photographs GEOFF WILKINSON

Thane Prince began her career as food columnist for the Daily Telegraph. After leaving the paper in 1999, she opened the successful Aldeburgh Cookery School in Suffolk and wrote several recipe books.

Now, she is again judging contestants' preserving skills on the second series of the BBC Two's The Big Allotment Challenge. She lives in central London with her husband.

**When did you move back to London?**

We've been here six years. When my business partner and I closed the cookery school after ten years in Suffolk, I instantly moved back to London. I don't suit the country. To be fair, I don't think I suit anything outside of zone 1. People ask me whether I miss the views in Suffolk, but the only view I really love is the number 73 bus coming round the corner. London is very switched on, it's youthful, it's invigorating and it's inspiring.

**How did the kitchen look before?**

It was all very dark – I had it completely reconfigured. We shifted the kitchen upstairs to one of the back bedrooms while it was being rebuilt, then we lifted everything down here again. We even built a shed in the garden to put all our furniture in while we did it.

**What was your vision?**

This is my third or fourth major kitchen, and it's a mix of all the ideas that I've had – it's meant to be the best, the final piece. It's very, very easy to clean. I've had kitchens with open shelves, with doors with bits on them, and kitchens with all sorts of fiddle-faddles and they are a nightmare. If you're cooking a lot, the kitchen gets dirty, so this one has very flat doors.

**So, is it the perfect kitchen?**

Well, the island is a little smaller than I wanted – so I think I might change that one day. But everything else is right. The surfaces are very important and, although it doesn't look like there's very much here, I've thought about every single thing in it.

**Are you a collector?**

When we moved to Suffolk, I filled our enormous five-bedroom house with 'stuff'. So when we moved back here, I had to make a deal with my husband – he agreed to move back to London with me if I divested myself of almost everything that I had. This is a much smaller house and we needed to fit in.

**How would you describe it now?**

I have often said that the kitchen is my work. Because it's a family kitchen, you need to have an area that is efficient but that you can also live in. My cooking is for me and my husband, for families and my grandchildren.

It's very important. I have spent an enormous amount of time in here testing all the recipes for my book. I'm very lucky that the thing I like doing most is the thing I earn my living from.

Photographs BBC PHOTOSALES, REX FEATURES



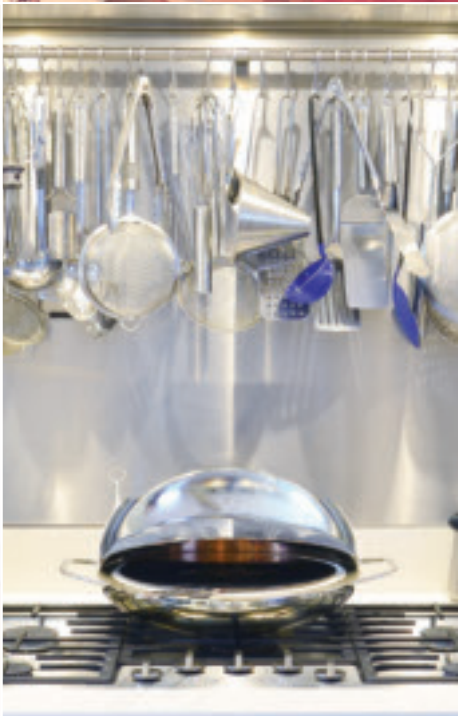
'You don't need specialist equipment to make jam, just a chopping board, a big casserole dish, scales and a wooden spoon'



'My dresser was too tall for this room so we had to cut off one shelf, but I don't think you can tell'



'This kitchen has lots of clean lines and no fiddly doors. I like to keep it nice and tidy'



'I have gas hobs with separate ovens. My new ovens are all at waist height, which is much easier when you're using big casserole dishes'

**What do you cook when you're not working?**
I like to cook the Sunday lunch. If I'm entertaining, a roast is the best. It's a simpler meal than many others, although harder to get on the table all at the same time. I also sometimes cook with my granddaughter. I sit her up on the island. The first time she ever did that, she kept saying 'nilla, Granny, nilla' and I couldn't work out what she was saying until I realised she thought we ought to have vanilla in the cake. I can only assume she's a gifted child, but then I'm her grandmother!

**Where did you get your table?**
I designed it. It's American cherry wood – very solid and just perfect. The idea is that you can see everybody wherever you sit, and quite a lot of people have sat round this table over the years. There are no legs in the middle either, so you're never sitting with your legs apart in a tight skirt. It wasn't actually designed for this particular kitchen, but it still works.

**What's your favourite thing in your kitchen?**
If I had to keep just one thing, I think it would be my instant boiling-water tap. I just love it!

## GET THE LOOK



**Store kitchen items or fruit in this Round orange tray. Dhs59 at Homes r us.**



**Thane loves making her own jams, and so should you! Store your homemade preserves in these Berard Glass Jars, Dhs560 for a set of four, at Tavola.**



**Add a pop of colour in your kitchen with bright plates as Thane does. This Red Stoneware plate is budget-friendly too! Dhs7 at Daiso.**



**This Blue Stone Island kitchen is not only great for storage, but is ideal for grabbing a quick breakfast or lunch on the go. Dhs7,999 at Crate and Barrel.**

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# Taste of the world

All the foodie news from around the globe.

## CHICAGO – YOUR WAY

Planning a trip to the Windy City? Check in at the Ritz-Carlton Chicago (a Four Seasons hotel) – yes, it's odd, we know! – where the newly introduced Suite Experience packages allows you to design your stay based on what you enjoy. For foodies, the 'Cooking with the chef Couple's Retreat' package, which includes a cooking class with the chef – where he shares tips on picking the best ingredients, and practical techniques, followed by a sit-down meal at the chef's table – is perfect. The package includes accommodation in an executive suite and spa credit, other packages involving mixology lessons and family activities are also available. Prices start from US$565 per night (around Dhs2,000), visit www.fourseasons.com.





## *Portugal on your plate*

There are few places with as rich and vibrant a culinary heritage as Portugal. Discover the essence of the local cuisine with the Corinthia Lisbon's 'In Search of Portugese Flavours' gastronomic offering – where you can enjoy a carefully crafted menu featuring specialties such as bacalhau (salted cod) and pastel de natas (custard tarts), using local, seasonal produce. With Lisbon's many attractions at the doorstep of this luxurious hotel, this may well be the perfect excuse to escape for a weekend! The package including two nights' accommodation, breakfast, VIP amenities and a gourmet dinner experience is priced at €251 (around Dhs1,040), find out more from www.corinthia.com.



## Theo in Thailand

*Well known British chef Theo Randall is set to open his first restaurant outside the UK in Bangkok. Theo Mio, a new Italian restaurant, will open at the Intercontinental Bangkok in the second half of 2015, offering sharing-style food in seasonal menus with local ingredients – think Fritto Misto of local shrimp, squash, artichokes, zucchini with fresh red chilli and mint, and Tagliarini with brown shrimp, artichokes, and butter! www.ihg.com/intercontinental.*

Text SUDESHNA GHOSH | Photographs SUPPLIED

## CHEFS UNITED!



A galaxy of culinary stars is descending on Mauritius this month, as the tenth Culinary Festival Bernard Loiseau kicks off from March 21-28. A week-long gastronomic celebration, in which chefs from the various Constance hotels and resorts compete against each other, while being mentored by visiting Michelin-starred chefs, the festival will see special menus, cooking demos, masterclasses and lots more. Want to be a part of it all? Packages including seven nights' accommodation, culinary classes and exclusive dinners at the luxe Constance Belle Mare Plage resort start from €2900 (around Dhs12,000), constancehotels.com.



# *Europe's secret* destinations for foodies

Sure, the great European cities do have their appeal, but they can also be over-crowded and touristy. Head to one of these stylish smaller cities to enjoy all the charm of Europe, including great cafés, restaurants and shopping, with half the hassle.

## TURIN

At the end of the 19th century, Turin became the first capital of united Italy, and its grand baroque architecture and sophisticated café society are legacies of this past.

### WHAT TO SEE

With plenty of specialist food shops and exquisite art nouveau cafés lining the long main streets, it's clear that this busy city has a passion for gutsy, Piedmontese food, chocolate and the aperitif. Turin boasts several culinary inventions: *grissini* (breadsticks), Lavazza coffee and Martini. Vermouth was first created here in the 1780s, and cocktails are a speciality. However, it's chocolate that takes pride of place. And as the home of Nutella, Ferrero Rocher and the classic hazelnut and chocolate concoction, *gianduja*, it's seems a shame not to indulge. Passionate foodies love Turin for hosting the biennial **Salone del Gusto** (International Food and Wine festival), organised by the Slow Food association (*slowfood.com*), where hundreds of enterprising food producers exhibit their quality produce.

### GETTING AROUND

Stick to the city centre and it's easy to navigate on foot, and a weekend is all you'll need to visit the central sites. Many of the main shopping streets have covered pavements, so come rain or shine you can stroll at leisure. Pick up one of the tourist authority brochures devoted to chocolate and opt for one of the designated trails around the city.

### WHERE TO EAT

You're spoiled for choice for places to enjoy morning coffee or lunch. For a taste of grand Turin choose **Caffè Baratti & Milano** (0039 011440 7138), an art nouveau coffee shop/restaurant. **Caffè Mulassano** (0039 01154 7990) is tiny, pretty as a jewellery box, and the toasted sandwiches come on a silver cake stand. On chilly days, warm up with the hot buffet at **Pepino** (0039 011 54 2009) or cool down with an *il Pinguino*, Pepino's famous choc ice. For a formal evening out, dinner at the opulent **Del Cambio** (0039 01154 6690), where you'll be served rich and traditional Piedmontese dishes, is ideal. For lunch in the country, the Michelin-starred **Gardenia** (0039 011983 2249), which has a dining terrace, is a short drive.



Piazza San Carlo - great shopping come rain or shine

**HIDDEN GEMS** The real foodie secret about Turin is not where to go, but how to enjoy the cocktail hour to the full. Two bars to try are the lively Tre Galli (0039 011521 6027), in the pedestrianised historic city centre, and Il Posto (0039 011566 0709), which is popular with the locals. For the price of a drink, you will also get a generous plateful of stuzzichini (appetisers), including cold meats, cheeses and breads.

### WHAT TO BUY

- *Grissini* – stira are thin and robata thicker. For a Turin-style twist, try the chocolate-coated ones.
- Hazelnut spread or nougat from **Caffè Cioccolateria Al Bicerin** (0039 011436 9325).
- *Gianujottino Tourinot* – tiny 5g milky chocolate sweets, or plain chocolate discs made of 95 % cocoa solids, both stylishly packed from **Guido Gobino** (0039 011566 0707).
- Check out the vast open-air market at **Porta Palazzo, Piazza della Republica**, crammed with regional specialities (parmesan is fantastic value). Open weekday mornings and all day Saturday.

### WHERE TO STAY

The four-star **Le Meridien Lingotto**, 10 minutes from the centre, *lemeridien.com*.

### GETTING THERE

Emirates Airlines offers daily flights, via Rome. Return tickets start at Dhs4,300 (emirates.com).

Photographs SHUTTERSTOCK | Illustration JOHN MAGNO


Watch the world go by on the Place de la Comedie

# MONTPELLIER

The capital of the Languedoc and Rousillon, Montpellier, in southern France, is full of wonderful shops, food markets and restaurants.

## WHAT TO SEE

**The Place de la Comedie** (also know as **l'Oeuf**), in the busy but largely pedestrianised old town, is a wide plaza fronted by the 19th-century opera house and full of lively old cafés and bistros, and a morning market (Mon-Sat, 7.30am-1pm). At the northern end, next to the tourist office, marks the beginning of the botanical **Champs de Mars**, a traditional promenade and park with small ice cream stalls offering a huge variety of flavours – perfect for a leisurely stroll. In the park, you will also find the **Pavillon Fabré**, a free museum space.

## LOCAL HEROES

Just as Padstow has Rick Stein, so Montpellier has the Pourcel twins, Jaques and Laurent. In 1988, after working for some of the best chefs in France, they opened **Le Jardin des Sens**, 11 Av St Lazare (0033 049958 3838, jardindessens.com), on the outskirts of Montpellier, which is regarded as one of the finest restaurants in France. Since then, they've gone on to build an empire. In Montpellier this includes a prêt a manger-style takeaway shop, **Sens**, a cookery school **Atelier de Cuisine** and a chain of informal modern restaurants **La Compagnie des Comptoirs**, 51 rue Francois Delmas (0033 049958 3929). So, whatever your budget, you can enjoy their cooking.

## WHERE TO EAT

Montpellier also caters for its big student population with lots of cheap bars and eateries. For something more typical of the Languedoc, try the great-value **Chez Marceau**, 7 Place de le Chapelle Neuve (0033 046766 0809), which serves local food on a shaded terrace at incredibly good-value prices. If you are a fish lover, a local favourite is **Le Saleya**, Place du Marché aux Fleurs (0033 046760 5392), where the menu is market- led and regional. For a gourmet experience to remember, visit the monastic Michelin starred **Cellier-Morel** at La Maison de la Lozère, 27 rue de l'Aiguillerie (0033 046766 4636), which specialises in modern versions of regional dishes.

## WHAT TO BUY

Cooks in the Languedoc favour duck fat, so for lovers of duck fat there are boutiques selling locally produced confit of duck, as well as goose confit and cassoulet. A trip to this region would be incomplete without buying, or at least trying, the local Roquefort cheese. This area produces some of the best Muscat (sweet) wines, also look out for red wines from the Minervois region, the small vineyards of Costières de Nîmes and any wine from Château Puech-Haut.

## WHERE TO STAY

**Le Guilhem**, 18 rue Jean-Jacques Rousseau, is a mid-priced 16th-century town house. Most rooms overlook the gardens and breakfast on the sun-drenched terrace is a delight (00 33 046752 9090 or email: hotel-le-guilhem@mnet.fr).

## GETTING THERE

Air France flies from Dubai via Paris Charles de Gaulle, tickets from Dhs2,750 (airfrance.ae). >>


Montpellier, France



**HIDDEN GEM** Five minutes from Place de la Comedie is rue St Guilhem, a street dotted with food shops selling everything from local wines, regional cheeses to chocolate shops giving cooking demonstrations. At the end of the street, the Arabic quarter begins. Here there are several North African pastry shops where they make and cook their cakes in the window.

# ANTWERP

This Gothic Belgian city, once Europe's greatest economic and cultural hub, is back on the map thanks to its buzzy nightlife, world-renowned fashion designers and, above all, its fabulous foodie scene.

## WHAT TO SEE

The main attraction is Rubens' house; the painter returned here in 1611 after making his name in Italy, and built a palatial townhouse with fabulous Italianate gardens. Visitors also flock to the Gothic cathedral, the stylish clothing emporia in the St Andries district and the highly-rated fashion and diamond museums (Antwerp is the diamond capital of the world).

## WHERE TO EAT

Restaurants in Antwerp are jaw-droppingly good, and portions are ridiculously generous. Look out for the local ingredients, such as candied chicory, wild mushrooms, foie gras and tiny, tasty grey shrimps. **De Kleine Zavel**, Stoofstraat 2 (0032 3231 9691) offers seriously good food in a charmingly unpretentious *fin de siècle* setting, featuring excellent seafood and game dishes, with a liberal use of melted foie gras, chef Carlo Didden's favourite ingredient. **L'Ile Perdue**, Amsterdamstraat 33 (0032 3213 1737), in the up-and-coming Eilandje docklands area, is cosy and offers excellent value. Authentically prepared French favourites, from bouillabaisse to choucroute, mix with robust local dishes, including oysters and pheasant, in season. **Canal**, Leopold de Walestraat 2 (0032 3237 2700) is an indoor-outdoor brasserie opposite the Museum of Fine Art and next to the wonderful Ann Demeulemeester fashion emporium. Open from breakfast until late, it's a good choice for casual eating in 'T Zuid. At **Del Rey**, Appelmanstraat 5-9, there's all-day gourmandising in a ladylike dining-room attached to a chocolate shop, where even the coffee served with cream and chocolates on a silver tray is an event. Lunch dishes, like the sophisticated signature lasagne layered with salmon and halibut, are also superb.





*Speculoos is a traditional cinnamon cookie*

**Het Dagelijks Brood**, Steenhouwersvest 48 (open from 7am-7pm) is a bakery café in the heart of the St Andries fashion shopping district specialises in cheap but very cheerful *boterhammen* (open sandwiches), soups, salads and snacks.

## WHAT TO BUY

Chocolates, of course. Locals spend hours debating the virtues of **Burie** on Korte Gasthuisstraat versus **Pierre Marcolini** in the Diamond District mall. But don't decide before checking out **Del Rey** on Appelmanstraat.

Bread is another claim to fame – try the rye and raisin loaf or *suikerbrood* (sugar bread) at **Goossens**, Antwerp's oldest bakery. It's on Korte Gasthuisstraat, down the road from **Philip's Biscuits**, source of Flemish specialities, such as *speculoos* (cinnamon cookies), gingerbread and *peperkoek* (honey cake). **Home of Obsession** on Lange Gasthuisstraat sells exquisite table linens and china.

## WHERE TO STAY

**Slapenenzo**, Karel Rogiersstraat 20 (0032 3216 2785), a stylish b&b in 'T Zuid – Antwerp's trendy south side, close to the best boutiques and nightlife. Visit *slapenenzo.be*.



The Gothic cathedral dominates the city

## GETTING AROUND

The city centre is compact enough to walk everywhere – even to 'T Zuid. Trams cover major routes, but it's an inexpensive taxi ride to Michelsen, Eilandje or other further-flung districts.

## GETTING THERE

Fly KLM to Antwerp from Dubai. Return flights start from Dhs3,250, visit klm.com

**HIDDEN GEMS** Michelsen's, a brilliant and friendly neighbourhood butcher and deli just outside the city centre on Anselmostraat. Sip complimentary espresso while queueing for crème d'Anvers, the wonderful rich pork pâté named after the city; foie gras at prices half those in England (the shop will vacuum-pack for travel) and the best shrimp salad in the world. No tables, but any of the colourful preparations can be taken away in a crusty baguette. And don't miss the fromagère next door for local cheeses.

Under the Patronage of
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# etisalat DUBAI KIDS' RUN

20 | 21 MARCH 2015

Supported by BASF We create chemistry



www.etisalatkidsrun.com

A revolutionary new event that will bring families and the community together, while spreading the message of healthy living.

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- **2km run for ages 9-12 (solo)**

**AED 100** registration is for the race and only for the participating child. This includes participation in any of the two races taking place March 20th from 8.00AM onwards, an *Etisalat Dubai Kids' Run* t-shirt, sports bag, water bottle, and medal of achievement.

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Fun-fair at the Dubai Media City amphitheatre will have plenty of activities and entertainment for children and adults alike on March 20th and 21st from 10 AM to 6 PM.

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# A weekend of foodie fun

Last month's Dubai Food Carnival was packed with food, entertainment, live cooking action and family activities. We were there in the midst of all the action, here are some vignettes from the fun-filled three days.

The Dubai Food Carnival at the Dubai International Marine Club was the place to be at, on the Valentine's weekend last month. Whether it was celebrity chefs like Sanjeev Kapoor, Atul Kochhar, Silvena Rowe, Manal Al Alem, and Tarek Ibrahim holding fun, interactive cooking demonstrations at The Chef's Dome and Cooking Academy, while excited foodies watched or the live bands and DJ sets, it was a bustling, lively alfresco affair. With a number of casual and fine dining restaurants offering their specialties in a market-style set-up, so you could walk along the pathway, pick and choose the food you wish to try, and head to the benches, grass patch, or bean bags to relax and indulge, as well as a children's play area, it was a true family destination.



## Five minutes with...

**TAREK IBRAHIM**

*TV host, Corporate executive chef for Meat and Livestock Australia, BBC Good Food ME judge*

**How's the event going so far for you?**

It's going extremely well. People are very happy and full of energy, and I love to be around those who join in the activities and watch the demos. When you are behind the camera (shooting for TV shows) you don't really get to see your audience. So when I am at events like this, it gives a completely different vibe because you're not just wishing for them to try your food, they can actually try it.

**What's your favourite cuisine and why?**

Egyptian cuisine, because that is where I'm from, and whenever I have it I can vividly picture my whole family having a meal together, from my childhood days.

**Your advice for young chefs?**

The culinary field is extremely tough. If you don't love it, you should get out of the kitchen right now. But if you have the heart for it, you don't need any guidance because you will find yourself continuously learning. Also, try listening more and practice your craft.

**Your favourite restaurant in the whole world?**

The French Laundry in Napa Valley, Australia, owned by Chef Thomas Keller, who is actually my mentor.



## Vox pops

"We came because friends of ours told us about the event. The kids also enjoyed the fun activities like the puppet show." **- Rachel Pallentyne**

"Last year I came to the event just as a visitor and I really enjoyed it. This time, I was hosting at the very interactive Dubai Food Festival Academy and I have enjoyed it even more. I love the energy of the crowd, everyone is so into food and are here to have fun." **– Chef Paul Frangie**

"I've tried the slow brisket, bbq wings from Perry and Blackwelder, ceviche from Tortuga, and the special cocktails so far. I like going outdoors for events like this, and there's a live band too – can't ask for more!" **Ana Maria**

Text NICOLA MONTEATH and ADELLE GERONIMO

## FIVE MINUTES WITH...

**ATUL KOCHHAR**

*Celebrity chef and restaurateur*



**What do you enjoy most about participating in events like this?**

I always say that events like these, for chefs, is like a picnic in the park. I get to meet some of my friends in the industry and clients and it's really fun. It brings us out of our comfort zones and we get a chance to socialise as well.

**Your ultimate comfort food?**

Red kidney beans with Punjabi curried rajma – every Punjabi household makes this. If someone doesn't like Rajma, they are not really Punjabi!

**Your favourite cuisine and why?**

I really like Thai cuisine. Growing up, I ate a lot of Chinese food, so when Thai food came to India, I got into it. I think it is like a fusion between Indian and Chinese cuisine, because it's got rice, curry, noodles and so on.

**One chef-y secret you can share with our readers, so that they can implement in their home kitchens?**

When cooking seafood, especially sea bass, people usually peel out the skin and throw it away. But these kinds of fish have really flavourful skins. Always pan fry the fish with the skin until golden brown, then flip it over cook the other side.

## FIVE MINUTES WITH...



**SILVENA ROWE**

*Chef and owner at Omnia Gourmet Cafés and restaurants*

**What is your favourite cuisine?**

Arabic is my favourite, as it's my specialty.

**Your go-to dish for unexpected guests?**

It would be some deliciously spiced Kofta meatballs with fresh herbs and spices, stuffed with Kashkaval (a Turkish cheese). I would pair it with a salad of tomatoes, cucumbers, feta cheese, and za'atar.

**Your top cooking tip?**

When making rice, quinoa or any grain salads, instead of drizzling oil or vinegar, slice some onions and sauté it with herbs and spices. Cook it slow, until the onion is tender, then pour the juice from the onions to complement the grains.

## FIVE MINUTES WITH...

**MANAL AL ALEM**

*TV show host and cookbook author*



**Your biggest piece of advice for home cooks?**

Follow a good and trusted recipe. To be honest, I always followed recipes from *BBC Good Food* before I became a chef. Also, keep trying and just keep on cooking.

**Describe a typical weekend lunch at your household.**

Barbeque definitely! Most weekends we do BBQ with the family and I love to do not just beef, but seafood as well.

**What, according to you, is the formula for success in the culinary field?**

You need to put love in to it. Anything you do, if you do it with love, you will be successful.

## We're here!






**Visitors to the *BBC Good Food ME* stand walked away with free Lurpak hampers for every new subscription sign-up.**

## RECIPE

Celebrity chef Sanjeev Kapoor showcased this classic dish at the event:

### Steamed chicken makhani



**SERVES 4**

**300g chicken mince**
**2-3 green chillies, finely chopped**
**1 tbsp ginger paste**
**Salt, to taste**
**1 tsp crushed black peppercorns**
**¾ cup basmati rice, soaked**

**FOR THE MAKHANI MASALA**

**3 tbsp butter**
**2-3 green cardamoms**
**4-5 cloves**
**7-8 black peppercorns**
**1 inch cinnamon**
**1 tbsp ginger paste**
**1 tbsp garlic paste**
**2 green chillies, chopped**
**400g fresh tomato puree**
**1 tbsp red chilli powder**
**½ tsp garam masala powder**
**2 tbsp sugar or honey**
**½ tsp dried fenugreek leaves (kasoori methi)**
**1 cup fresh cream**

**1** Mix chicken mince, green chillies, ginger paste, salt and crushed peppercorns in a bowl. Divide this mixture into equal portions and shape them into round kebabs.

**2** Spread the rice on a plate and roll the kababs in it.

**3** Place the kebabs on a perforated rack, which can be fitted into a steamer pot.

**4** Boil sufficient water in the steamer pot and place the perforated rack. Cover and steam for 15-20 mins or until cooked. Keep it warm.

**5** Heat butter and add the green cardamoms, cloves, peppercorns and cinnamon and sauté for 2 mins. Add ginger and garlic pastes, followed by the green chillies and sauté further for 2 mins.

**6** Add tomato purée, red chilli powder, garam masala powder, salt and 1 cup water. Mix, bring it to a boil, and cook on low for 10 mins. Add sugar and dried fenugreek leaves. Mix well, and follow with the chicken. Cook for 5 mins, add fresh cream and mix. Serve hot with steamed rice, naan or parantha.




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Competition

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## Enjoy a relaxing weekend at Park Rotana Abu Dhabi, inclusive of a two-night stay in a suite, plus breakfast, three-course dinner, and spa treats.

The Park Complex in Abu Dhabi is home to three Rotana group hotels and residences, including the luxurious Park Rotana Abu Dhabi. This five-star hotel is based on the outskirts of the city, making it the ideal destination for a serene, secluded getaway. There's plenty to keep you busy – choose between taking a dip in the pool, or a game at the tennis court, followed by a trip to the spa. And when the hunger pangs kick in, make your way to Ginger (their all-day dining restaurant), Cooper's Bar and Restaurant (a popular hotspot in the capital), ParKafe for a cuppa and pastries, or Teatro for an à la carte menu featuring Thai, Japanese, Chinese, Indian, and Italian specialties.

**One reader has the chance to win a two-night stay at a Club Rotana Suite, inclusive of a relaxed breakfast in bed, three-course dinner for two at Teatro, 60-minute aromatherapy massages at Bodylines Fitness and Wellness Club for two, and access to the Club Rotana (a personalised luxury service) lounge for complimentary beverages.**

Scan this QR code to go straight to our website.

**Log on to bbcgoodfoodme.com**
to enter this competition and simply answer this question:

**What is the name of the all-day dining restaurant at the Park Rotana Abu Dhabi?**

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

# Your ready reckoner to: Taste of Dubai

Now in its eight year, Taste of Dubai promises to be the biggest and the best one yet. Enjoy an indulgent three days filled with culinary delights and exciting activities from March 12-14, at the Dubai Media City Amphitheatre.

## FAMILY FUN

*There's something for everyone at the event, from children's play areas to retail therapy.*

• **Kids' corner:** Keep the little ones entertained at the Funky Monkeys Kids Zone. There's plenty to keep them busy, including creative activities like the bouncing slide, trampoline, arts and crafts zone, cookie and cupcake decorating, and more!

• **Hands-on cooking:** You can participate in interactive cooking sessions at the Kenwood Cookery School, where you will have the opportunity to prep, cook and sample recipes, with step-by-step tuition from experts.

• **Shopping:** Enjoy, explore and shop your way around the festival – from small artisan producers to old fashioned butchers, from boutique suppliers to craft cheeses, you will be spoilt for choice! Well-known brands like Hummingbird Bakery, Maggi, Sugar Moo, and The Urban Yogi are just a few to look out for in the retail areas.



• **Be entertained:** An exciting line-up of world class bands, DJs and musicians performing an eclectic array of popular hits and original music at the festival. Main acts headlining the entertainment stage this year include live performances from the Bon Jovi international tribute band, and Adam Baluch the UAE's own 'alternative soul' singer (who has previously supported acts like Lionel Richie).

## TOP CHEFS

*Join cooking masterclasses and entertaining demos from local and international celebrity chefs, and pick up hints, tips and techniques while sampling their signature dishes at the Electrolux Chefs' Theatre and Electrolux Chefs' Secrets. Some well-known names to look out for include:*



• **Andy Bates:** Celebrity chef and the host of one of Food Network's top TV series 'Street Feasts', chef Andy loves to create modern twists on classic dishes, whether it's traditional British grub or international street food inspired by his travels.



• **Jean-Christophe Novelli:** The AA Rosette and multi - Michelin Star award winning chef will wow crowds in the Cookery School and Chef's Theatre with tantalising dishes from his numerous books and popular Jean-Christophe Novelli Academy.



• **Jose Pizarro:** The TV chef and author will delight guests with a selection of Spanish tapas and traditional dishes straight from his London restaurants Jose and Pizarro.



• **Atul Kochhar:** The Chef Patron of Benares, and also of award-winning Dubai restaurant Rang Mahal by Atul Kochhar, he is one of the most critically acclaimed chefs in Britain, and one of the world's best known ambassador of Indian cuisine.

• **Tim Anderson:** Winner of BBC MasterChef in 2011, he is also a food writer and consultant based in London. His cooking is primarily informed by his American heritage and his love for regional Japanese food.



• **Bader Al Awadhi:** The 18-year-old Emirati baking sensation is a self-taught baker and is the star of several TV cookery shows including 'Sukkar Zyadah' on Sama Dubai TV, and 'Ma'a Bader' on Abu Dhabi TV Al Emarat. He will bring a local UAE flavour to the event's proceedings with his passion for desserts, by showcasing some of his signature creations.

## EAT & DRINK

*A true celebration of food, this is the perfect place to try samplers from the city's best restaurants, serving up a plethora of cuisines.*

• **Tempting flavours:** Treat your tastebuds to an array of culinary offerings from the best Asian restaurants in Dubai, like Katsuya, Sonamu, Shang Palace and Royal Orchid. A variety of Arabic cuisines are also available, where you can sample Emirati cuisine from Aseelah or satisfying Lebanese dishes from Burj Al Hammam. You can also try out authentic Indian dishes from Patiala and Tresind. Other top choices to try include Gauco, Eataly, PF Chang's Asian Bistro, and The Cheesecake Factory, to name just a few.

• **Quench your thirst:** Explore and indulge in some of the world's greatest beverages and increase your knowledge at a series of educational and interactive sessions at the MMI Beverage Theatre where a selection of traditional spirits, whiskeys and wines will be available for tasting.

**NEED TO KNOW** General admission tickets are Dhs75 per person and VIP tickets costs Dhs240. The festival will run from 4-12pm on March 12; 12pm-12am on March 13; and 12pm-11pm on March 14. Places at chef's theatre and cookery school are free of charge and available on a first-come-first-served basis. Visit tasteofdubaifestival.com.

Text ADELLE GERONIMO | Photographs SUPPLIED

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# Competitions

Fabulous prizes, from dining vouchers to event passes, up for grabs.



**WIN! FRIDAY BRUNCH AT IZ, INDIAN RESTAURANT, GRAND HYATT DUBAI, WORTH OVER DHS1,150.**

One winner and five friends can head to the iZfinity brunch on Fridays, to indulge in Indian delicacies like tandoori, biryani, fried snacks, mains like prawns masala, and grills. The brunch is livened up by tunes from the DJ, and special cocktails.

**WIN! A MEAL AT THE GARDEN ON 8, MEDIA ONE HOTEL, WORTH DHS1,500.**

One winner can take seven friends along to this relaxed wholesome, healthy food restaurant housed in this Dubai Media City hotel. The alfresco eatery features a wall garden – where fresh herbs and vegetables grow – as well as recycled and reused furniture. Tomato and goat's cheese quiche, loaded jacket potatoes, and grilled salmon with quinoa salad are some options on the menu.



DOHA competition



**WIN! BRUNCH AT THE CELLAR, ORYX ROTANA DOHA, WORTH QR500.**

Take a dining partner along to the TapBrunch at this elegant venue, and tuck into Mediterranean tapas like eggplant parmigiana and bruschetta, as well as a fine selection of wines, for a relaxed Friday brunch experience in a stunning setting.

**WIN! LUNCH FOR TWO AT ANISE, INTERCONTINENTAL DUBAI FESTIVAL CITY, WORTH DHS450.**

This international family-friendly restaurant is a great place to take the children along, and enjoy good food. One lucky winner can take a dining partner, and two children, to this Saturday Family Time lunch which features dishes from the Asian wok, sushi, tandoori, shawarma, pizza, pasta and much more.





**WIN! AFTERNOON TEA AT KAMBAA, THE ADDRESS DUBAI MARINA, WORTH DHS500.**

Take three friends along to this chic lobby lounge, and choose from afternoon tea options, including traditional Arabic and vegetarian. A selection of light pastries, freshly baked scones, gourmet sandwiches, and extensive list of tea and coffee, are on offer.

**To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.**

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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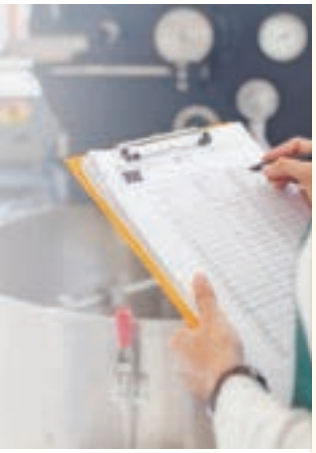
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# Delicious, nutritious - **and the start of a law suit?**

When you're eating out, it pays to establish the exact extent of your consumer rights. Because you could be be walking into a potential minefield of disputed liabilities, which can easily spoil a good deal more than your digestion. Paul Godfrey, Senior Editor, SME Advisor magazine, investigates.



SME Advisor is the region's leading magazine for small- and medium-sized companies, offering their owners and directors practical guidance across the full spectrum of key management issues, to help them build commercial success.





So there you are – sitting in a stylish bistro with every expectation of a spellbinding meal. Little do you realise that you're actually stumbling into the epicentre of one of the great legal battlegrounds – an area of law known as 'goods for sale or transfer', which is actually the arena from which about one third of all law suits arise. One of the golden rules of this aspect of the law is exemplified in the famous Latin motto, caveat emptor – which means 'let the buyer beware'.

Let's take an example. You enjoy the meal, but later that evening you develop food poisoning. While it's tempting to blame the restaurant where you last ate, the reality is that food poisoning can take 72 hours to take effect, so that brings in just about everywhere you ate during the last three days. To prove it was any one restaurant would require you to save samples of your bodily fluids and have a laboratory compare them to what was being made at the restaurant that very night – but of course, it's already too late to do that. So the harsh reality is that in this kind of situation, your consumer rights don't really allow you to take action at all. Caveat emptor!

The satisfying thing, though, is that this is just about the only situation where the come-back is loaded against you. For instance, let's say you're sitting there and suddenly see a spider walking across a salad, or birds eating from the salad bowl. Then, despite your complaints, the restaurant staff do nothing. (And this is not a random example: a colleague of mine was recently in a prestigious Italian restaurant and the manager flatly refused to replace food that birds had been pecking at, before the waiter took it to the customer's table!). Here's the solution. Take a quick photo with your mobile device and ask to see the manager. Tell him/her you need the food to be replaced immediately. If your pleas are ignored, call the police straight away – or threaten to send the photo to the UAE Department of Environment (www.moew.gov.ae/en/home.aspx). The Department's inspectors have the power to close the restaurant immediately.



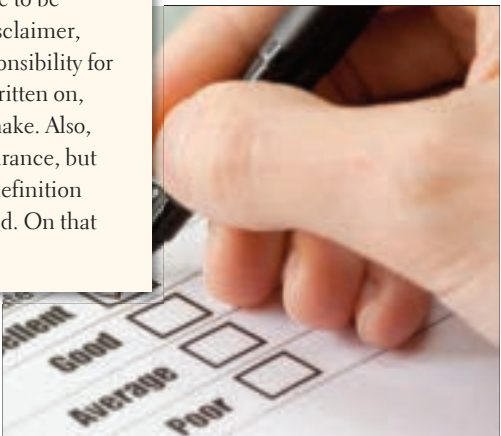


The reality is that not only is the establishment endangering members of the public, but also acting directly in contradiction to the UAE Companies Law 2013, which clearly states: 'any commercial entity has a direct or implicit obligation to work in the public interest and provide its customers with a reputable, correct and entirely safe product or service'. So not only will the culpable party be prosecuted by the Ministry of Environment, but you could contact a law firm who would actively help you pursue a case (and perhaps seek financial recompense) for this breach in the law. The moral of the story is: if you see something unhygienic going on, tell the staff or manager. The law is clearly on your side and on the side of the public good.

One more scenario. You enjoy the meal, but run out of time and ask for what's left on your plate to be packaged as a takeaway. There's a growing trend whereby the restaurant then asks you to sign a disclaimer, saying that since the food is being taken away from the premises, the staff no longer have any responsibility for its wholesomeness or condition. Disclaimers of this kind are simply not worth the paper they're written on, because legally, they're trying to stop you making a claim that may (or may not) be your right to make. Also, (just to get technical!), they aim to prevent any need for the restaurant to claim on its liability insurance, but this in itself is seeking to alter the contractual terms between the insurer and insured – which by definition allow recourse from the customer. So the waiver you are asked to sign is by definition null and void. On that note, hope I haven't spoilt your appetite!







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